

TESCO

FREE | FEBRUARY 2023

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up any moment

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MONEY-SAVING
WAYS TO PLAN,
SHOP AND COOK
FOR THE SCHOOL
HOLIDAYS

Steak with
blue cheese
butter & chips
p26

Cook Valentine's dinner for a fiver

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EDITORIAL Content director (print) Lauren Rose-Smith **Deputy editor** Jo Wooderson **Senior food editor** Elli Donajgrodzki **Deputy food editor** Bryony Bowie **Chief sub editor** Art Young **Deputy chief sub editor** Jenny Wackett **Senior sub editor** Tessa Jones **Writer** Jess Herbert

ART Art director Nina Brennan **Senior art editor** Alex Whitfield **Art editor** Sarah Prescott **Designer** Aasawari Bapat **Kale Junior designer** Joseph Christopher

CREATIVE SOLUTIONS Senior commercial content editor Victoria Boland **Creative solutions art director** Melanie Robinson-White

CONTENT AND PUBLISHING Food director Jenny McIvor **Group managing editor** Kate Best **Senior account manager** Lucy May **Account executive** Leslie Nya

PRODUCTION Production director Vanessa Salter **Production manager** Deborah Homden

CEDAR COMMUNICATIONS CEO Clare Broadbent **Global transformation and development director** Christina da Silva **Group business director** Kate McLeod **Group content director** Rachael Ashley **Group creative director** Aileen O'Donnell **Financial director** Jane Moffett

WITH THANKS TO Nina Christopher, Catherine Flanagan, Rachel Linstead, Marion Lyons, Tracy Saville, Julie Stevens, Sophie Taylor

TESCO Head of content Daniel Porter **Content manager** Cintia Welch **Content assistants** Trudi Smith, Lulu Turner

ADVERTISING SALES dunnhumby Ltd **Senior campaign manager** Kaajal Nath **Campaign management associate** Haris Khan **Advertising sales manager** Tom Glenister

For all advertising enquiries, contact tom.glenister@dunnhumby.com

Cedar

Cedar Communications Limited,
Bankside 3, 90-100 Southwark St, London
SE10SW Tel +44 (0)20 3353 8300
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contact Tesco Customer Services on
0800 505555 or email customer.service@
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Lauren Rose-Smith,
Content director (print)

CONTRIBUTORS



JAMIE ROBINSON

Tesco executive
chef, product
development, p8



JAMIE OLIVER

Good food
ambassador for
Tesco, p72



CLARE SEAL

Financial coach
and author, p65



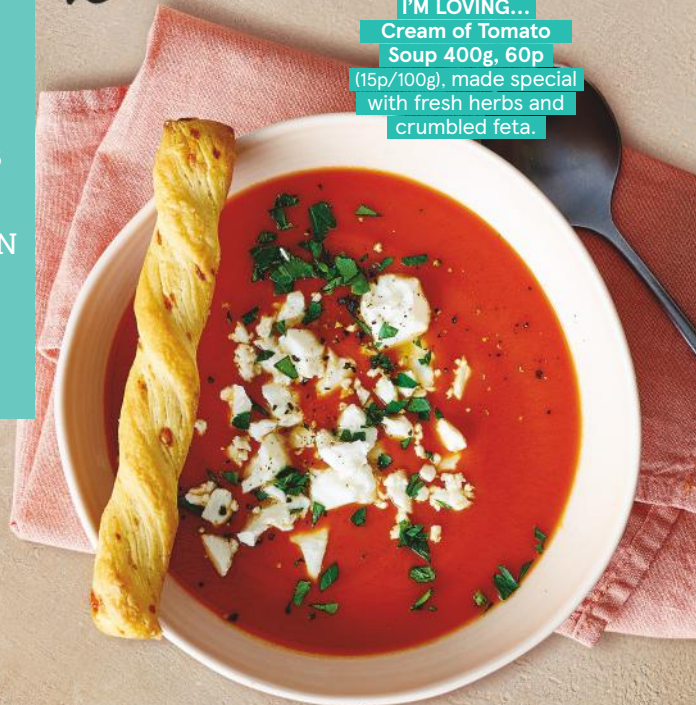
PIETER VAN EGMOND

Managing
director,
Place UK food
company, p20

Food really is the way to my family's heart and I absolutely love getting everyone together for something delicious. And it doesn't have to cost much – try steak and chips for two for under a fiver (p26)! Or turn classic bread and butter pudding into a family pud for Valentine's Day; ours is loaded with rhubarb for wow-factor (p21). Our recipes will help you plan and budget for half-term too. Turn a chicken Kyiv-flavoured roast into soup, or use a coronation chicken salad to top jackets or fill sandwiches (p55). Why not get the kids to make our heart-shaped cupcakes (p35)? They're fun, and they can give them to all their favourite people.

Lauren

I'M LOVING...
Cream of Tomato
Soup 400g, 60p
(15p/100g), made special
with fresh herbs and
crumbled feta.



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*Selected stores. Subject to availability.

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YOU FEEL GOOD

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COVER RECIPE

Steak with blue cheese butter & chips

RECIPE Miriam Nice

PHOTOGRAPHY Gareth Morgans

FOOD STYLING Emma Jane Frost

PROP STYLING Jenny Iggliden



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SMOKY BANGERS & BEANS

WHY NOT TRY... HALF-TERM HEROES

Feed the kids and
have fun with simple
meals and easy bakes

RED VELVET CUPCAKES



35

'CLT' PASTA SALAD



57

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

V Vegetarian (free from meat and fish)

V Vegan (free from animal-derived products)

DF Dairy free (free from milk-derived products)

GF Gluten free

***** Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

RECIPE INDEX



OUR PROMISE TO YOU

We're on a mission to help you save time and money by reducing food waste, energy use and prep time, and manage your weekly shopping spend by choosing affordable ingredients and recipe methods fit for purpose. We'll offer balanced, filling meals as well as recipes for treats. We'll help you spend less.

Key to our recipe symbols

- Ingredient swap
- Low energy
- Freezable
- Time-saving
- Make ahead
- Batch-cook

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk

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What's in store now

Tuck into fluffy pancakes or share a romantic dinner for two – there'll be treats all round this month with these great-value buys



JAMIE ROBINSON,
Tesco's executive
chef, product
development

'Love is in the air – and on the table – this month. We've taken the stress out of cooking for your loved ones with this easy idea for a great date-night dinner (right). And don't forget the pancakes! Whether you want American chocolate chip or vegan, we've got a ready-made mix for you (p9): just load up on your favourite toppings and tuck in.'



THINK PINK

Gift your sweetheart a box of **Milk Chocolate Turkish Delight Thins 200g, £1.15** (58p/100g) – the newest way to say 'I love you'.



DATE-NIGHT DINNER

This pink-speckled pasta is ready in three minutes. Or, for the full works, opt for the Tesco **Finest Dinner for Two** offer, p43.



Tesco Finest Nduja, Mascarpone and Red Onion Ravioli 250g, £3.25
(£1.30/100g)



Tesco Finest Red Leicester, Extra Mature Cheddar & Balsamic Red Onion Mini Flatbreads 295g, £2.55
(86p/100g)

GLUTEN-FREE FLIPS

Cut down on cooking with these ready-made pancakes. **Free From 6 Scotch Pancakes, £2.20** (37p/each)



SHAKE IT UP

These handy pancake mixes will serve you throughout February, and beyond. Just add milk-alternative or water and shake the bottle for fast and easy pancakes everyone will love.



Vegan Pancake Shaker Mix 155g, £1 (66p/100g)

American Style Pancake Shaker Mix with Choc Chips 155g, £1 (66p/100g)



Caramelised Bananas, 14p each



Roasted Chopped Hazelnuts 100g, £2



Tesco Finest Maple Syrup Grade A Amber 330g, £5.95 (£1.80/100g)

Woodside Farms Unsmoked Back Bacon 300g, £1.35 (45p/100g)

Whipping Cream 300ml, £1.25 (42p/100ml)



Hundreds & Thousands 85g, £1.15 (£1.35/100g)



Tesco Finest Raspberry Conserve 340g, £2 (59p/100g)

Greek-style Yogurt 500g, £1 (20p/100g)

KEY KIT

Everything you need for your pancake party



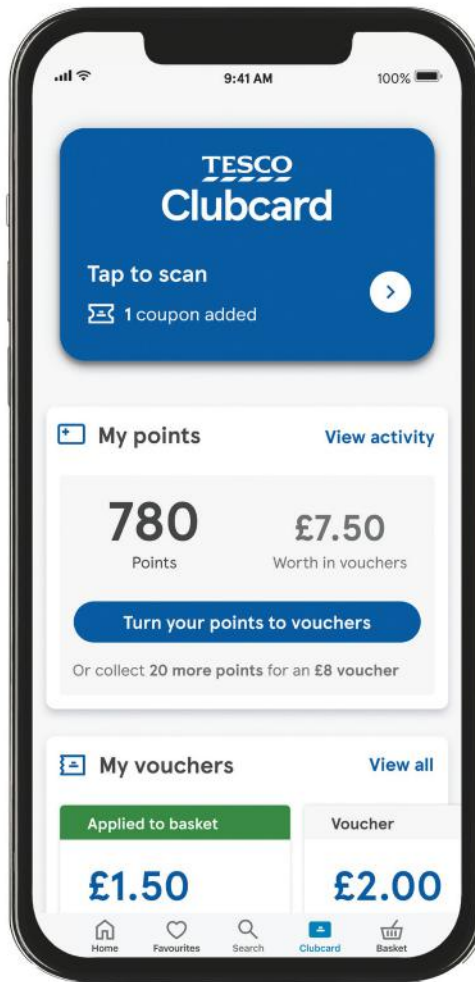
Aluminium Frying Pan 24cm, £3.50



Stainless-steel Whisk, £2.50

Colour Mixing Bowl Set 4-piece, £6.50





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AGREEABLE GRAVY

Now those with restricted diets can enjoy this gravy, developed for rich, meaty flavour. **Free From Granules for Beef 170g, £1.30** (76p/100g)



SINGLE SERVE

Rustle up a hearty dinner that's easy on your wallet too. **Minced Beef Hotpot 400g, £1.60** (40p/100g)



In the net

Using soya protein instead of fish, these **Plant Chef 2 Breaded Fish-Free Cakes 270g, £1.75** (65p/100g)*, are the ultimate comfort food.



BIGGER AND BETTER

Feed the family with this brand-new, extra-large cottage pie. Serve with seasonal greens. **Family Cottage Pie 1.4kg, £4.45** (32p/100g)



Great family dinner for four

SHOPPING



Roast it up

Give Sunday lunch a twist by serving up a colourful side dish of roast veg alongside your joint.

Butternut squash, £1.25 each; Aubergine, 79p each; Courgettes 3-pack, £1.19 (40p/each); Sweet potato 1kg, 99p

FREEZER PLEASER

Pop this zingy tart in the freezer so you can wow unexpected guests.



Tesco Finest Sicilian Lemon Tart 458g,
❄️ **£3.25** (71p/100g)



Comfort's calling

This Wicked Kitchen Twisted Thai Green Curry 550g, £5 (91p/100g), is a weeknight meal full of flavour.



Less plastic, still fantastic



Tesco will soon be removing lids from some of their dips, including **Soured Cream & Chive 200g, £1.20** (60p/100g), to save 27 million pieces of plastic each year.



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COOK ONCE, EAT TWICE

Turn a fragrant plant-based curry into spicy stuffed wraps with these clever, double-duty recipes

Spiced chickpea wraps with vegan raita
p16

Today's hearty vegan chickpea curry...

...becomes tomorrow's lunchtime wraps

Chana masala curry with rice
p16

92p
per serve




Dinner tonight

CHANA MASALA CURRY WITH RICE


Serves 4    

Takes 50 mins

Cost per serve £1.27

 Make the curry up to 3 days ahead.

Store in the fridge, or in the freezer for up to 3 months. Defrost in the fridge, then microwave on high for 2 mins or until hot.

 The caramelised onion purée base is a classic technique. However, you can soften the onions for 5–7 mins if you're short on time.

- 2 tbsp sunflower oil
- 2 medium onions, very finely chopped
- 6 garlic cloves, crushed
- 6cm piece ginger, finely grated
- 4 green chillies, finely chopped
- 1 tbsp cumin seeds (optional)
- 2 tbsp hot curry powder
- 1½ tsp ground turmeric
- 800g passata
- 3 x 400g tins chickpeas, drained and rinsed
- 2 tsp garam masala
- 300g basmati rice
- 15g fresh coriander, leaves chopped, stems finely chopped
- 150g dairy-free yogurt-alternative, to serve

1 Heat the oil in a large pan over a low-medium heat and cook the onions for 15 mins or until very well browned and caramelised, occasionally scraping up the caramelised bits on the bottom of the pan (lower the heat if it starts to burn).

2 Add the garlic, ginger and chillies and cook for 5 mins, stirring frequently, until softened. Meanwhile, toast the cumin seeds, if using, for 3–4 mins in a separate small pan over a low-medium heat until fragrant.

3 Add half the cumin seeds, the curry powder and turmeric to the onions and stir to combine (the mixture will be quite dry), then stir through the passata. Stir in the chickpeas and 200ml water; season to taste.

4 Simmer for 20 mins until thick and a little reduced, stirring occasionally, adding more water if you prefer a thinner sauce. Stir through the garam masala.

5 Meanwhile, cook the rice to pack instructions. Fluff up with a fork and stir through the remaining toasted cumin seeds.

6 Reserve 500g chickpea curry for the wraps (right), then top with the coriander and serve with the rice and yogurt-alternative.

Each serving contains



Energy	Fat	Saturates	Sugars	Salt
2433kJ 577kcal	12g	2g	9g	0.4g
29%	17%	8%	10%	7%

of the reference intake. See page 6.
Carbohydrate 88g Protein 21g Fibre 16g
2 of your 5-a-day; low in saturated fat




Lunch tomorrow

SPICED CHICKPEA WRAPS WITH VEGAN RAITA

Serves 4  

Takes 10 mins

Cost per serve 92p

 Taking these into work for lunch? Skip reheating the curry and toasting the wrap – it will still be delicious.

- ½ cucumber, grated
- 1 garlic clove, finely chopped
- 1 lime, zested (optional)
- 15g fresh coriander, leaves finely chopped
- 300g dairy-free yogurt-alternative
- 500g leftover chana masala curry (see recipe, left)

- 4 large tortilla wraps
- 120g baby spinach leaves
- 1 large avocado, sliced, to serve (optional)

1 Put the cucumber and garlic in a bowl. Add the lime zest, if using, coriander and yogurt-alternative; mix well. Season to taste.

2 Warm the leftover chana masala in the microwave on high for 1 min or until piping hot. Divide between the wraps, along with half the raita and some spinach leaves, then wrap each one carefully. Heat a large frying pan over a low-medium heat until hot, then add the wraps, seam-side down. Toast for 1 min each side, then serve while hot with the remaining raita and spinach leaves, plus sliced avocado, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1383kJ 329kcal	9g	2g	5g	1g
16%	13%	11%	6%	16%

of the reference intake. See page 6.
Carbohydrate 43g Protein 15g Fibre 9g
2 of your 5-a-day; low in saturated fat

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- 1 tbs sunflower oil
- Lemon wedges to serve
- Caster sugar to serve

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FORCED RHUBARB

TART AND REFRESHING, AND
HARVESTED BY HAND

Baked into crumbles or simmered into a sauce and spooned alongside pork, it's easy to brighten up cold days with these pink stems cooked into a dish. Check out our show-stopping recipes over the page.

BRUSSELS SPROUTS

SMALL, BUT BIG ON FLAVOUR.
SELECTED FOR SIZE AND SWEETNESS

Pan-fry these tiny brassicas with bacon, then toss through pasta with Parmesan and you'll thank us for reminding you Brussels exist in the veg aisle long after that last cracker has been pulled!

RED CABBAGE

A CRUNCHY BRASSICA THAT HAS
A SWEET, PEPPERY FLAVOUR

One sweet veg and so many ways to cook it! We love how a single red cabbage will stretch across plenty of dinners. But have you tried it pickled? Read on for the recipe.

FIELD TO FORK

Fall in love with this month's colourful produce, made even more special with these Valentine-ready recipes



Taste the care

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.

FORCED RHUBARB

Meet the grower



Place UK, based in Norfolk, has been growing fruit for 60 years. Managing director Pieter van Egmond told us:

'Harvested forced rhubarb crowns (the base of the plant) are placed in special growing rooms kept at a constant temperature of 10°C and in complete darkness – this makes the pink stems surprisingly sweet and tender. It takes around five weeks to produce the first stems for pulling.'

Pink forced rhubarb is slimmer and sweeter than darker red field rhubarb

SLOW-COOKER PERSIAN LAMB & RHUBARB STEW

Serves 6

Takes 7 hrs

Cost per serve £2.39



Make the stew up to 48 hrs in advance (or freeze for up to 3 months), up to the end of step 2. Reheat until piping hot and continue from step 3. Because the rhubarb is so delicate, add just before serving.

600g diced lamb shoulder
2 tbsp olive oil
3 onions, diced
6 garlic cloves, 3 sliced, 3 crushed
2 tsp each ground turmeric and ground coriander
2½ tsp cumin seeds
2 tbsp tomato purée
1 beef or lamb stock pot, made up to 500ml
300g rhubarb, cut into bite-sized pieces
1½ x 400g tins chickpeas, drained and rinsed
1 tbsp clear honey
30g pack fresh flat-leaf parsley, finely chopped
1 tbsp butter
1 tsp ground cinnamon (or 1 stick)
400g basmati or long-grain rice

1 In a frying pan over a medium heat, brown the lamb for 4–5 mins in 2 batches using 2 tsp oil per batch. When browned, transfer to a slow-cooker.

2 Stir in two-thirds of the onion, the sliced garlic, turmeric, coriander, 2 tsp cumin seeds, the tomato purée and stock; season with black pepper. Cook on low for 5–6 hrs until the lamb is really tender, checking after 5 hrs.

3 Stir in the rhubarb, chickpeas, honey and most of the parsley; cook for another 30 mins until the rhubarb is really soft.

4 Meanwhile, prepare the rice. Put the butter, 1 tbsp oil and the remaining onions in a large, lidded saucepan over a low-

medium heat. Cover and fry for 5–8 mins until translucent, stirring occasionally. Stir in the crushed garlic, ½ tsp cumin seeds, the cinnamon, 1 tsp salt and the rice. Cook, uncovered, for 1 min. Pour in 850ml water and bring to the boil. Cover, reduce the heat to its lowest setting and cook for 15–18 mins until the liquid has all been absorbed and the rice is tender.
5 Taste the stew for seasoning, then scatter with the remaining parsley and serve with the rice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2628kJ 627kcal	22g	8g	9g	0.8g
31%	32%	41%	10%	13%

of the reference intake. See page 6.
Carbohydrate 73g Protein 29g Fibre 10g

Make-ahead one-pot to feed a crowd



MORE IDEAS TO TRY

RHUBARB SAUCE Put 300g chopped rhubarb, the juice of 1 orange, 1½ tbsp sugar and 3 tbsp water in a saucepan. Bring to the boil, then simmer for 10 mins until the rhubarb is soft. Cool, then serve with roast pork or yogurt.


RHUBARB CRUMBLE Put 400g chopped rhubarb in a 1.2ltr baking dish and sprinkle over 60g caster sugar. Rub 100g cold cubed butter into 150g self-raising flour to large 'breadcrumbs'. Stir in 60g caster sugar and 40g oats. Sprinkle over the dish, then bake at 200°C for 45 mins until tender.

GIVE ME MORE!

Scan the QR code for the full recipes.




RHUBARB & CUSTARD BREAD & BUTTER PUDDING

Serves 8 

Takes 1 hr plus 20 mins soaking

Cost per serve 58p

 We've used a thickly sliced white loaf, but any old bread or even day-old croissants will work. If you're using less soft or stale bread or pastries, double the soaking time after adding the custard.

150g caster sugar, plus 1 tbsp
400g rhubarb, trimmed and cut into 3-4cm pieces
650ml milk
100ml whipping cream, plus extra to serve (optional)
1 tsp vanilla extract
4 tbsp custard powder
2 medium eggs
75g unsalted butter, at room temperature
10 slices thick-sliced white bread, crusts trimmed, sliced into triangles
2 tsp icing sugar, to serve

1 Heat 100ml water and 50g sugar over a low heat in a frying pan large enough to hold the rhubarb in a single layer. When the sugar has dissolved and the syrup starts bubbling, add the rhubarb and simmer for 3 mins, turning the pieces as they cook. Remove from the heat and leave in the pan to soak.

2 Put the milk, cream and vanilla extract in a small saucepan and heat until small bubbles appear on the surface. Meanwhile, whisk together the remaining 100g sugar, the custard powder and eggs in a large heatproof bowl. Pour in the hot milk mixture, whisking constantly as you do.

3 Lightly grease a deep, roughly 30 x 20cm or 3ltr baking dish with a little butter, then butter the bread with the rest. Layer the bread slices and rhubarb (reserving the syrup) in the baking dish, then pour over the custard mixture, making sure all the bread is covered. Leave to soak for 20 mins. Preheat the oven to gas 3, 160°C, fan 140°C.

4 Bake for 30 mins until puffed up, then sprinkle over 1 tbsp sugar. Increase the oven temperature to gas 4, 180°C, fan 160°C and bake for another 5 mins until golden and crisp on top. Serve dusted with icing sugar, with the pink rhubarb syrup and more cream, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1843kJ 439kcal	17g	9g	28g	0.8g
22%	24%	47%	31%	13%

of the reference intake. See page 6.
Carbohydrate 60g Protein 11g Fibre 3g

Fun family Valentine's pud

58p
per serve

RED CABBAGE

Meet the grower



TH Clements is a family business based in Lincolnshire and has been growing red cabbage for 15 years. Neil Sharpe, head of farming, has these suggestions for using it:

The beautiful colour makes it a visually appealing alternative to white cabbage in a coleslaw. You could also make red cabbage kimchi – a popular Korean method of fermenting fresh food.

HOW TO USE IT

PLOUGHMAN'S BAGUETTE

Warm a **baton** in a low oven or air-fryer, then split and spread with **butter** and **mayo** or a fruity **chutney**. Thickly slice mature **Cheddar** and stuff inside the baguette with spoonfuls of the pickled **cabbage** and soft **lettuce** leaves.

PICKLED RED CABBAGE

Makes about 800g



Takes 15 mins plus 2 hrs brining and 2 days infusing

Cost per serve 7p

400g red cabbage (about half a head), outer leaves and central white core discarded, thinly shredded
40g sea salt or table salt
350ml cider vinegar
75g granulated sugar
2 tsp mustard seeds
1 tsp coriander, fennel or caraway seeds
½ tsp peppercorns

1 Put the cabbage and salt in a bowl and mix well with your hands; set aside for 2 hrs. Tip into a colander or sieve and allow any liquid to drain off. Rinse the cabbage thoroughly with cold water to wash away the remaining salt. Drain well, squeezing as much water out as you can, then tip onto a clean tea towel or kitchen paper and pat dry.
2 Put the vinegar, sugar, spices and 150ml water in a pan. Heat gently to dissolve the sugar, then bring to the boil over a high heat and simmer for 2 mins.
3 Fill 2-3 sterilised jars* with the cabbage, pushing it down so it's tightly packed. Transfer the pickling liquid to a jug or use a ladle to add to the jars until the cabbage is submerged, making sure the spices are evenly distributed between the jars. Use a fork to mix the spices through the cabbage. Seal and refrigerate for 2 days for the flavours to infuse. Once opened, keep in the fridge for up to 1 month.

Each serving (30g) contains

Energy	Fat	Saturates	Sugars	Salt
84kJ 20kcal	<1g	0g	3g	0.2g
1%	0%	0%	4%	3%

of the reference intake. See page 6.
Carbohydrate 4g Protein 0.3g Fibre 0.5g



RECIPES SARAH COOK PHOTOGRAPHY KATY GREENWOOD FOOD STYLING KATY GREENWOOD PROP STYLING JENNY IGGLEDEN *To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15-20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry

BRUSSELS SPROUTS




Meet the grower



R&K Drysdales Ltd, based in east central Scotland, has been growing sprouts since 1985.

SPROUT HASH BROWNS

Serves 2 with 4 leftover

hash browns   

freeze hash browns only

Takes 30 mins

Cost per serve £1.35

350g floury potatoes,
peeled and
coarsely grated

3 medium eggs

1 tbsp plain flour

200g pack peeled

sprouts, trimmed and
finely shredded

2 tbsp vegetable or
sunflower oil

4 rashers smoked streaky
bacon (optional)

200g cherry tomatoes

1 Put the grated potato in a clean tea towel and squeeze out as much liquid as you can. Tip into a large mixing bowl with 1 egg, the flour, $\frac{1}{4}$ tsp salt and some black pepper. Stir in the shredded sprouts, then divide the mixture into roughly 8 portions in the bowl with a cutlery knife.

2 Heat 1 tbsp vegetable oil in a large nonstick frying pan over a low-medium heat. Spoon in 3-4 hash brown portions and flatten into patties about 1cm thick. Fry for 2-3 mins each side until golden and crispy. Keep under foil while you cook the rest.

3 Meanwhile, preheat the grill to its highest setting. Line a baking sheet with foil and add the bacon rashers, if using, and tomatoes. Season the tomatoes, drizzle with 1 tsp oil, then grill for 4-8 mins, turning the bacon halfway, until crispy.

4 Wipe out the hash brown pan with kitchen paper and add the remaining oil over a medium heat. Crack in the remaining eggs and fry for 2-3 mins until cooked to your liking. Serve with crispy bacon, if using, hot tomatoes and the sprout hash browns.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1379kJ 330kcal	19g	3g	7g	0.7g
17%	27%	14%	8%	12%

of the reference intake. See page 6.
Carbohydrate 23g Protein 14g Fibre 5g
1 of your 5-a-day; high in vitamin C;
source of protein; source of vitamin D

Hearty Valentine's brunch with a twist



After washing, sprout trimmings can be used to add flavour to soups or homemade vegetable stocks



**L'ITALIANA
AUTENTICA**

Luigi Moretti



**ENJOY LIFE'S
SIMPLE
PLEASURES**



TONIGHT'S SPECIAL

All your excuses for staying in are right here with these comfort-food recipes for loved ones

Cover
recipe

Valentine's steak and chips for a fiver

Steak with
blue cheese
butter &
mixed chips
p26



STEAK WITH BLUE CHEESE BUTTER & MIXED CHIPS

Serves 2 Takes 40 mins

Cost per serve £2.45

25g Danish blue cheese

25g unsalted butter, softened

200g sweet potato, scrubbed and cut into chips

250g ready-made polenta, cut into chips

2 tbsp sunflower oil

5g fresh parsley, chopped (optional)

250g pack beef ranch

steaks with garlic and chilli seasoning

20g wild rocket, to serve

1 Mash the blue cheese and butter in a bowl with a fork. Line a ramekin or small pot with baking paper or clingfilm and press the butter into it. Cover, then transfer to the fridge to firm up.

2 Preheat the oven to gas 7, 220°C, fan 200°C. Put the sweet potato and polenta on a baking tray, drizzle with 1 tbsp oil and toss gently to coat. Bake for 30–35 mins or until golden. Scatter with most of the parsley, if using, and season to taste.

3 Meanwhile, fry the steaks in the remaining oil to pack instructions and set aside to rest. Put the blue cheese butter in the hot pan the steak was cooked in and melt over a medium heat for 1–2 mins until sizzling. Off the heat, stir in the remaining parsley, if using, then pour over the steaks. Serve with the fries and rocket on the side.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2543kJ 609kcal	33g	12g	7g	3.2g
30%	48%	62%	7%	53%

of the reference intake. See page 6.
Carbohydrate 41g Protein 34g Fibre 6g

DRINK MATCH



This full-bodied wine has blackberry and plum flavours – it would suit both steak and sausages.

Tesco Finest South African Shiraz, £7.50*

*Price excludes Scotland and Wales
be.drinkaware.co.uk

SMOKY BANGERS & BEANS

Serves 4

Takes 1 hr

Cost per serve £1.76

500g baby or new potatoes, scrubbed

1½ tbsp olive oil

8 pack reduced-fat pork sausages

60g smoked bacon lardons

200g carrots, finely chopped

1 onion, finely chopped

2 celery sticks, finely chopped

1 red pepper, sliced

2 tsp smoked paprika

500g carton passata with garlic & herbs

2 x 400g tins beans (we used kidney and haricot), drained

2 tbsp BBQ sauce

200g pot reduced-fat soured cream & chive dip (optional)

5g fresh chives, snipped

1 Prick the potatoes all over with a fork, then put in a large microwave-safe dish. Microwave on full power for 7–8 mins until tender, stirring halfway through. Preheat the oven to gas 7, 220°C, fan 200°C.

2 Arrange the potatoes on a large baking tray and drizzle with ½ tbsp oil. Bake for 30 mins, turning halfway through.

3 Meanwhile, heat the remaining oil in a large, lidded, flameproof casserole dish over a medium heat. Fry the sausages for 10–12 mins or until browned all over and cooked through – you may need to do this in batches. Set aside. Add the bacon to the pan, increase the heat to high and fry for 3–4 mins until crisp. Transfer to a plate and set aside.

4 Reduce the heat to medium and add the vegetables. Cover and cook for 15 mins, stirring occasionally, until softened and starting to caramelise. Return the bacon to the pan and add 1 tsp smoked paprika and the passata. Rinse out the passata container with 100ml water and pour that into the pan too.

5 Simmer for 5 mins, then stir in the beans and BBQ sauce. Return the sausages to the pan, cover and simmer for another 5–10 mins over a low–medium heat until slightly thickened. Toss the potatoes with the remaining 1 tsp smoked paprika, then serve with the soured cream dip, if using, scattered with the fresh chives, and the sausages and beans.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2316kJ 552kcal	18g	5g	17g	1.8g
28%	26%	27%	19%	30%

of the reference intake. See page 6.
Carbohydrate 55g Protein 32g Fibre 20g
3 of your 5-a-day; high in protein



Fuel the family over half-term



STACKS OF FLAVOUR THIS PANCAKE DAY!



FIND ME IN THE
CHILLED READY
MEALS AISLE



CHICKEN & LEEK ALFREDO

Serves 4

Takes 30 mins

Cost per serve £1.61

1 tbsp olive oil
350g frozen sliced leeks
(or fresh)
300g chicken thigh fillets,
cut into about 3cm
pieces
400g dried tagliatelle
1 garlic clove, crushed
40g butter
80g Parmesan or Grana
Padano, finely grated
10g fresh parsley, finely
chopped
½ tsp crushed chillies, to
serve (optional)

1 Heat the oil in a large frying pan over a medium heat. Fry the leeks for 7-8 mins or until defrosted, softened and the water has evaporated, then push to the side of the pan and add the chicken. Cook for 6-7 mins or until the meat is browned and cooked through.

2 Meanwhile, cook the pasta to pack instructions. Drain, reserving 350ml pasta water, and set aside.

3 Stir the garlic into the chicken and cook for 1 min. Add 100ml pasta water, reduce the heat to low and stir in the butter and the cooked pasta, tossing to coat.

4 Add another 100ml pasta water and scatter with half the cheese and add a good grinding of black pepper. Remove from the heat and set aside for 1 min. Add another 100ml or so

of pasta water and more of the cheese, saving a little to serve, to make a sauce with the consistency of single cream. Stir to combine, then divide between 4 bowls and top with the remaining Parmesan, the parsley and chilli, if using.

Each serving contains


Energy	Fat	Saturates	Sugars	Salt
2870kJ 684kcal	27g	12g	6g	0.6g
34%	39%	59%	6%	10%

of the reference intake. See page 6.
Carbohydrate 73g Protein 35g Fibre 5g

A rich and creamy pasta classic



Easy sharing platter

 You can cook the kebabs and halloumi fries at the same time at the higher oven temperature to save energy.

HALLOUMI FRIES

Cook halloumi fries to pack instructions. Transfer to a plate, then drizzle with **clear honey**, **pomegranate seeds** and chopped fresh **flat-leaf parsley**.

MINTED LAMB KEBABS

Cook minted lamb kebabs to pack instructions. Mix a dash of **harissa paste** into **Greek-style natural yogurt**, add some fresh **flat-leaf parsley** and a squeeze of **lemon juice**; season. Serve alongside the kebabs for dipping.

GIVE ME MORE!

Scan this QR code for lots more Valentine's Day recipe inspiration.




Serve **White Folded Flatbreads 6-pack**, £1.20 (20p each), heated to pack instructions, alongside **Olives with Garlic & Chilli 210g**, £2.65 (£1.27/100g) and **Houmous 300g**, £1.50 (50p/100g), sprinkled with a little **ras el hanout**.

CHICKPEA & AUBERGINE STEW

Serves 6    

Takes 35 mins

Cost per serve 59p

 This can easily be doubled – just cook the aubergines in batches.

Heat 2 tbsp **vegetable oil** in a large, lidded frying pan over a high heat. Fry 2 chopped **aubergines** for 10–12 mins until golden. Add 1 finely chopped **red onion** and cook for 5 mins, adding 1 chopped **garlic clove** and 2 tsp **ras el hanout** for the final min. Pour in a 400g tin **chopped tomatoes**, a drained 400g tin **chickpeas**, 200ml water and a pinch of **sugar**. Reduce the heat to low-medium, cover and cook for 10 mins. Uncover, cook for 2 mins more, then stir in 15g finely chopped fresh **flat-leaf parsley**. Scatter with 1 tbsp **toasted flaked almonds**, if you like, and extra parsley, then season.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
634kJ 152kcal	8g	1g	6g	0.2g
8%	11%	4%	7%	3%

of the reference intake. See page 6. Carbohydrate 12g Protein 5g Fibre 7g 2 of your 5-a-day; source of protein

The big night in!

Gather friends for an evening enjoying cracking drinks and fabulous company, whatever your budget

CROWD- PLEASER

You can't beat an easy-drinking bottle of fruity **Tempus Two Quartz Series Sauvignon Blanc**, £8*.

This light white has flavours of tropical fruits, gooseberries and a citrus twist that everyone will enjoy.

Pick this wine to elevate your evening.

NICER NIBBLES

BIG DIPPER

Take shop-bought houmous to the next level by topping with chilli oil, rock salt, cayenne pepper or a layer of slow-roasted cherry tomatoes.

EDGE AHEAD

Elevate slices of frozen pizza by flavouring the crust: simply brush a little oil over, then sprinkle on seasoning or dried herbs. Finish with fresh leaves on top.

BAR STAR

Pour like a pro with **Tails Cocktails Ready-made Espresso Martini 500ml**, £15* (£30/ltr), made from 42 Below vodka, coffee liqueur and espresso coffee. Simply add ice, shake and pour!

WINTER WARMER

Get cosy with a glass of medium-bodied **Penfolds Max's Shiraz Cabernet**, £20*. This vibrant yet silky Australian red is laden with fruit flavours and smooth tannins. Perfect on a winter's night.



New

Bring out more
Purrrs



*Study conducted by Mars Petcare, UK 2021. © 2023 Mars or Affiliates.

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FOR LOADS OF
FREE PLAY IDEAS!

GET SET BAKE


Half-term is made for baking. Get the kids involved with this fun recipe – they'll be surprised by the hidden veg

RED VELVET CUPCAKES

Makes 12 ❄️ freeze undecorated cakes

Takes 55 mins plus cooling

Cost per serve 37p

 Skip the pink food colouring to make these vegetarian.

125ml vegetable oil
150g natural yogurt
1½ tsp vanilla extract
2 medium eggs

190g plain flour, sifted
3 tbsp cocoa powder
1½ tsp baking powder
1 tsp bicarbonate of soda
190g caster sugar
15g tube extra-strong pink food gel
1 small raw beetroot, peeled and finely grated (about 55g)
45g butter, softened and diced
125g icing sugar
30g full-fat soft cheese
1 tbsp pink & red heart sprinkles

No specialist tin needed

1 Preheat the oven to gas 4, 180°C, fan 160°C and line a muffin tin with 12 paper cases. Whisk the oil, yogurt, vanilla and eggs until smooth; set aside.

2 Mix the flour, cocoa, baking powder, bicarb and caster sugar in a mixing bowl. Make a well in the centre, pour in the wet ingredients and fold together with a metal spoon.

3 Add ¾ of the food colouring and the beetroot; mix to combine. Divide between the muffin cases. Roll 12 pieces of foil into marble-sized balls. Place the foil in each tin hole to make an indentation for the hearts, then bake for 20 mins or until a cocktail stick inserted in the centre comes out clean. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely.

4 Meanwhile, mix the butter, icing sugar and soft cheese in a bowl with an electric hand whisk until smooth. Spread over half the cupcakes, making a point at the bottom of the heart. Mix enough colouring through the remaining frosting to make a light pink, then use to top the remaining cakes; scatter over the sprinkles. Will keep for up to 3 days in an airtight container in the fridge.

Each cupcake contains

Energy	Fat	Saturates	Sugars	Salt
1413kJ 338kcal	17g	4g	29g	0.4g
17%	24%	22%	32%	6%

of the reference intake. See page 6.
Carbohydrate 41g Protein 5g Fibre 2g

Say Yes

to giving it
a second
chance



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ALL YOU NEED IS...

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1 Kimm & Miller Bestie Box, £8 – includes heart-shaped chocolate stirrers, two pairs of socks and Who Knows Who? card game; 2 Keeleco Valentine's Gonk Pair, £8; 3 Mini Heart Piñata, £5; 4 Light-up Jar, £6; 5 White Heart Wooden Tray, £6; 6 Table Fun Lunchbox Notes & Stickers, £3; 7 Heart Tealights Stack, £6; 8 Heart Print Hot Water Bottle, £5; 9 Sausage Dog Mug, £2.50; 10 Instant Message Board, £6; 11 Valentine's Pet Bandana, £4; 12 Valentine's Rose Pet Toy, £4; 13 Favourite Person Mug, £1.

Fancy a drink?

Toast friends with fizz or get cosy on the sofa and enjoy a mulled wine with a difference



THE FRIDAY NIGHT COCKTAIL

For a drink to impress without the cocktail-bar price, make your own Pink Mojitos. Muddle together mint leaves and lime juice with the end of a rolling pin in a tall glass. Add a double measure of **White Rum** 35cl, £5.75 (£16.43/ltr), a splash of grenadine, ice and extra mint leaves, then top up with soda water to serve.



THE 'WARM YOU UP' WINE

Who says mulled wine must be red? Simmer dry white wine – we love the great-value **Low Alcohol Sauvignon Blanc**, £3.15 – with cloves, cinnamon sticks, allspice and a little orange juice on chilly evenings.



Alcohol prices exclude Scotland and Wales be.drinkaware.co.uk

LEARN THE LABEL

Demystify the wine-buying process with our simple guide



1 The region This is where the grapes have been grown. Often, the more specific the location is (such as a vineyard or region rather than a whole country), the more expensive it is.

2 The grape The most familiar part, the grapes (Chardonnay, Merlot, etc) tell you the type of wine. If the grape isn't on the label it could be because the grower has used a blend.

3 The producer This can be a business or an individual, sometimes with the winemaker's signature. If you're after something a little more special, you may not want a mass-produced bottle.

ALSO LOOK OUT FOR...

The vintage This is the year the grapes were harvested and can indicate the quality of the wine.

The ABV This is the percentage of alcohol in the wine, on average 11-14%. The higher the percentage, the more units of alcohol it contains.



SUNDAY LUNCH STAR

With flavours of blackberry and plum, **Tesco Finest Argentinian Malbec, £8**, is ideal alongside beef, lamb or game – try it with your next roast.

Why not try?

Add frozen berries to your fizz – they're cheaper than fresh and will keep it cool too.

THE VALENTINE'S FIZZ

Say it with roses... and rosé. **Tesco Finest Prosecco Rosé, £8.50**, has all the delightful bubbles of Champagne for a fraction of the cost. Serve chilled as an aperitif before your date-night dinner.

The flip side

These savoury turmeric crêpes – a street-food fave in Vietnam – turn Pancake Day on its head

CRISPY PANCAKES

Serves 6 

Takes 55 mins plus chilling

75g brown rice flour
 ¾ tsp ground turmeric
 150ml coconut milk
 2 spring onions, finely sliced
 8 tsp vegetable oil, for frying
 2 shallots, thinly sliced
 150g cooked king prawns
 100g beansprouts
For the dipping sauce
 1 red chilli, finely chopped
 2 garlic cloves, finely chopped
 2 tbsp caster sugar
 1 tbsp rice vinegar
 1 tbsp fish sauce
 2 tbsp lime juice
To serve
 butterhead lettuce
 fresh herbs (we used coriander, mint and Thai basil)
 lime wedges

- 1 Combine the flour, turmeric and ¼ tsp salt in a bowl. Gradually whisk in the coconut milk, followed by 75-100ml water to make a batter the consistency of single cream. Rest in the fridge for 1 hr.
- 2 Mix all the ingredients for the dipping sauce in a bowl, with 2 tbsp cold water. Set aside.
- 3 Stir the spring onions into the pancake batter. If it has thickened, loosen with a little water.
- 4 Heat 2 tsp oil in a large, non-stick lidded frying pan. Add the shallots and fry for 3-4 mins until beginning to soften. Remove and set aside.
- 5 Add 1 tsp oil to the pan over a medium heat. Add a thin layer of batter and swirl to coat. It should look lacey; if not, increase the heat. Cover, reduce the heat and cook for 2 mins, then cook uncovered for 2-3 mins more until the pancake is crisp underneath. Carefully slide a fish slice under the pancake, fold it in half and transfer to a plate. Repeat to make 6 pancakes.
- 6 Add 1 tsp more oil to the pan and fry the prawns and beansprouts for 2-3 mins, until the prawns are hot. Return the shallots to the pan then divide the mix between the pancakes. Serve with the sauce, with lettuce, herbs and lime wedges if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
753kJ 180kcal	9g	4g	7g	1g
9%	12%	19%	8%	17%

of the reference intake. See page 6
 Carbohydrate 18g Protein 7g Fibre 2g

Pair with... Cobra beer 4 x

330ml, £5* (38p/100ml) Smooth, malty Cobra beer is a solid match for the fire and spice of warming Asian cuisine. Serve ice-cold to douse the



flames of the chilli in this pancake dipping sauce.

GIVE ME MORE!

Find more recipes that are perfect partners with an ice-cold Cobra beer at tes.co/cobra.



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STAR LETTER

Email or write and we'll choose a Star Letter* to win a £50 giftcard**

I had to try these Mince pie snowballs (December) as it's a tradition in our family for decades that I make snowball truffles at Christmas, which go down a treat. When I saw these I thought: 'Oh an adult version with just a wee hint of sherry mincemeat in them'. They are utterly delicious and now on my to-do list every Christmas. **Jean, via email**



@Tesco, I love your magazine: it's full of inspirational meals, money-off coupons and free-to-enter competitions. What's not to love! **@JayneyBarnes**

Waste not, want not

I have a boxful of wrapping paper scraps that I kept in case I needed to wrap a small gift. Then in your December magazine I saw the suggestion to shred the wrapping paper and use it to pack boxes. Brilliant idea! I used it to line the inside of the hampers I make for a few elderly neighbours and it saved me money. **Carole, Swansea**



Your creations (tag #TescoMagazine for a chance to be featured)



@weescottishgal_eats

Microwave speculaas fudge (November): I made this and it was beautiful! One of the easiest things I've made and it turned out so well. My trusty Tesco magazine provided this wee gem of a recipe.

@happyherbivorekitchen

Mince pie stars (November), #fridaybaking! Starting with the easiest bake ever! If you've ever had a mince-pie-making disaster, you can't go far wrong with these ones from @tescofood magazine. Delicious!



Most-liked recipe

Step aside, mince pies, there was a new dessert on your festive table. Jo, via email, said: 'The Peppermint cream parfait (November) caught my daughter's eye; as my husband had a week off work he decided they'd make it together. It was lovely.' Liz, via email, said: 'Some of the family don't like Christmas pudding so this was ideal.'





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Date night

An indulgent dinner for two, plus quality time to spend together. That's Valentine's Day dinner sorted

Creating a perfect moment with the person who is special to you is a wonderful way to celebrate Valentine's Day. And centering your occasion around delicious food and wine is a great idea. Thanks to Tesco you can do just that – without having to cook or worry about a restaurant bill. With the Tesco Finest Dinner for Two you can choose a main course, side, dessert and even a bottle of Tesco Finest prosecco or other drink, all for just £12 for Clubcard members*. Forget having to book a table; you don't even need to plan your night ahead, because you can get the Finest Dinner for Two through Whoosh**, Tesco's super-fast delivery option. Who knew great-tasting food could be dished up in minutes!

MAIN
+
SIDE
+
DESSERT
+
DRINK

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PHOTOGRAPHY HANNAH HUGHES FOOD STYLING SOPHIE FOOT PROP STYLING MORAG FARQUHAR *Available in the majority of stores, while stocks last. Clubcard/app required. Meal Deal includes one main, one side, one dessert and a drink for £12. Serving suggestion. **Delivery fee applies. No minimum spend but orders under £15 will incur an additional charge. Tesco aims to make delivery within 60 minutes. Whoosh is only available in selected areas. For full Ts&Cs see tesco.com/help/terms-and-conditions/grocery/

Dinner for two ...or just for you!

Whether you're cooking for one or dining as a duo,
these flexible dishes have you covered



*A great low-energy supper
for 1 that's ready in a flash*

SHAKSHUKA

Serves 1

Takes 15 mins

Cost per serve £1.79

This clever shakshuka is made in the microwave.

½ red pepper, sliced
1 small onion, roughly
chopped

1 tbsp olive oil
1 tsp harissa paste
½ tsp smoked paprika
1 tsp ground cumin
400g tin chopped
tomatoes
50g baby spinach
10g fresh coriander,
roughly chopped
2 medium eggs
1 small avocado, peeled
and sliced (optional)
1 pitta, cut into triangles

1 Mix the pepper, onion, oil, harissa and spices in a microwaveable jug. Microwave on high for 2 mins. Stir in the tomatoes and microwave for another 4 mins, stirring halfway through. Season well, then add the spinach and half the coriander. Microwave for 2 mins.
2 Pour into a microwaveable bowl and make 2 wells. Break the eggs into the wells, prick the yolks with a cocktail stick, then microwave for 3 mins. If they're not quite cooked, cover and cook for another 30 secs.
3 Top with avocado, if using, and scatter with the last of the coriander and some black pepper. Pop the pitta in the microwave for 20 secs; serve with the shakshuka.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2500kJ 599kcal	28g	5g	26g	1.3g
30%	40%	27%	28%	21%

of the reference intake. See page 6.
Carbohydrate 51g Protein 29g Fibre 14g

This one-pot dish makes the prep easier... and washing up quicker!

STORECUPBOARD PUTTANESCA RICE

Serves 2

Takes 15 mins

Cost per serve 85p

30g tinned anchovies,
drained and finely
chopped, oil reserved

2 garlic cloves, thinly
sliced

1 slice of bread, blitzed
into crumbs

1 tbsp olive oil

1 tsp crushed chillies

50g pitted black olives,
roughly chopped

1 tbsp capers, drained

4 tbsp tomato purée

250g pack microwaveable
basmati rice (or 250g
leftover cooked rice)

½ reduced-salt
vegetable stock
cube, made up
to 350ml

10g fresh parsley,
chopped
(optional)

1 Heat the reserved anchovy oil in a large frying pan over a medium heat. Fry half the anchovies and half the garlic for 1 min. Add the breadcrumbs and cook for another 1 min, stirring, until golden and crisp. Tip into a bowl and set aside.

2 Add the olive oil to the pan and fry the remaining anchovies and garlic over a low heat for 2 mins, stirring. Add the chillies, olives, capers and tomato purée and cook for another 1 min.

3 Stir in the rice and stock, increase the heat and boil rapidly for 1 min, stirring occasionally. Reduce the heat and simmer for 5 mins until reduced by one-quarter and the rice is heated through.

4 Mix the parsley, if using, into the crispy breadcrumbs and scatter over the puttanesca to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1649kJ 389kcal	15g	2g	5g	3g
20%	21%	12%	6%	52%

of the reference intake. See page 6.
Carbohydrate 52g Protein 11g Fibre 5g



85p
per serve



DRINK MATCH



This bold, rich Italian red wine can stand up to the punchy flavours in this dish. **Tesco Finest Primitivo Terre di Chieti, £7**.

*Price excludes Scotland and Wales
be drinkaware.co.uk

GO FORAGING

Love mushrooms? Unearth these *finest** beauties in the vegetable aisle and try something new



EXOTIC This exciting mix includes lesser-known varieties such as oyster, shimeji, eryngii and chanterelle. Stir-fry over a high heat then add to a ramen for texture and flavour. Or stir into a special-occasion risotto.

Tesco Finest Exotic Mushroom Selection 220g, £2.50 (£1.14/100g)



PORTOBELLO These large, flat mushrooms have a meaty texture and rich, nutty flavour. Try stuffing with cheese and herbs and baking until golden. **Tesco Finest Portobello Mushrooms 150g, £1.10 (7p/100g)**



TESCO
*finest**



OYSTER CLUSTER Grown, as the name suggests, in a cluster, these have a mild flavour and velvety texture. Do as Chef Derek Sarno does and press them into 'steaks'; see tesco.co/derekmushroom.
Tesco Finest Oyster Mushroom Cluster 150g, £1.80 (£1.20/100g)

SHIITAKE Rich in flavour and with a firm texture, shiitake mushrooms add a different dimension to hearty dishes such as pies, stroganoffs and ramen.
Tesco Finest Shiitake Mushrooms 125g, £1.70 (£1.36/100g)



WORDS ELLI DONA JGRODZKI MAIN IMAGE PHOTOGRAPHY HANNAH HUGHES FOOD STYLING SOPHIE FOOT PROP STYLING MORAG FAROUHAR



WILD MUSHROOM DUMPLING STEW

Serves 4

Takes 1 hr 40 mins

Cost per serve £2.61

2 tbsp tomato purée
 200ml red wine
 1 vegetable stock cube, made up to 250ml
 1 tbsp soy sauce
 2 x 125g packs Tesco Finest shiitake mushrooms, large ones cut in half
 2 x 250g packs chestnut mushrooms, halved
 137g pack dumpling mix
 30g pack fresh flat-leaf parsley, leaves picked and roughly chopped

- 1 Heat 2 tbsp olive oil in a large, lidded saucepan over a medium heat. Fry the leeks and shallots for 5 mins to soften, then add the garlic, carrots, and celery; fry for another 5 mins.
- 2 Stir in the tomato purée, wine, stock and soy sauce; bring to a simmer, stirring well, then reduce the heat to low and leave to simmer for 8-10 mins.
- 3 Meanwhile, heat the remaining oil in a large frying pan over a medium-high heat. Fry the shiitake and chestnut mushrooms for 8-10 mins until just starting to soften, then stir into the veg pan.
- 4 Prepare the dumplings to pack instructions, adding half the parsley to the mixture before the water. Shape into 8 small dumplings and place on top of the stew. Cover and cook over a medium heat for 20-25 mins until the dumplings are cooked through. Sprinkle with the remaining parsley to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1535kJ 368kcal	17g	4g	12g	1.2g
18%	24%	22%	13%	20%

of the reference intake. See page 6.
 Carbohydrate 32g Protein 8g Fibre 8g
 3 of your 5-a-day; source of fibre;
 source of vitamin A; low in salt

GIVE ME MORE!

Look out for this recipe featuring in Tesco's next Food Love Story.

A proper coffee in a bag

All flavour. No faff.



5 FOR £25

Five reader-approved recipes
to see your family through the week



Tried it, liked it



Our tester this month is Clare, who lives with her husband and two children, aged six and eight. 'We really enjoyed following the meal plan,' said Clare. 'It was brilliant to see how little food waste there was.'

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

It was great to see the kids try new foods, and for all of us to try ingredients we hadn't used before



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Only at **TESCO**

SPINACH & FETA TURNOVERS

Serves 4 freeze
turnovers only

Takes 40 mins

Make the turnovers up to 24 hrs ahead and keep in the fridge. They can also be frozen for up to 3 months, then baked from frozen.

500g frozen leaf spinach
2 tbsp olive oil
200g frozen classic vegetable soup mix
2 garlic cloves, crushed
5g fresh thyme, leaves picked
150g salad cheese, crumbled
375g pack reduced-fat ready-rolled puff pastry
½ lemon, juiced
½ cucumber, deseeded and sliced
250g cherry tomatoes, halved
½ red onion, finely sliced

The boys asked for these again! Next time I might add olives to the salad

1 Preheat the oven to gas 7, 220°C, fan 200°C. Put the spinach in a heatproof bowl and pour over a kettleful of boiling water; set aside to defrost.

2 Meanwhile, heat 1 tbsp oil in a frying pan over a medium heat and fry the vegetable soup mix for 5 mins until tender. Stir in the garlic and thyme, fry for 1 min, then remove from the heat.

3 Drain the spinach through a sieve, then squeeze to remove the excess water. Stir through the softened veg, add the cheese and mix well with plenty of black pepper. Set aside for 5 mins.

4 Unroll the pastry on the baking paper it comes on, then cut into 4 rectangles. Spoon the filling over half of each rectangle, leaving a 1cm border. Pull the empty side over the filling and crimp the border with a fork to seal. Transfer to a baking sheet (still on the baking paper), make a small steam hole in each parcel with a knife, then bake for 20 mins until golden and puffed.

5 Whisk the lemon juice with the remaining 1 tbsp oil in a bowl. Toss in the cucumber, tomatoes and onion. Serve alongside the turnovers.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2230kJ 534kcal	30g	12g	10g	1.7g
27%	42%	60%	11%	28%

of the reference intake. See page 6.
Carbohydrate 47g Protein 16g Fibre 8g



2

The veg mix made this quick to cook for a weeknight meal and everyone loved it

PASTA & BEAN SOUP

Serves 4

Takes 30 mins

2 tbsp olive oil
200g frozen classic vegetable soup mix
2 garlic cloves, sliced
10g fresh thyme, leaves picked
1 vegetable stock pot, made up to 1.25ltrs
400g tin chopped tomatoes
400g tin borlotti beans, drained
1 garlic baguette
200g lasagne sheets, broken into small pieces
150g frozen leaf spinach

1 Preheat the oven to gas 6, 200°C, fan 180°C. Heat 1 tbsp oil in a large saucepan over a medium heat and fry the vegetable soup mix with a pinch of salt for 5 mins until softened. Stir in the garlic and thyme and cook for 2 mins. Add the stock, tomatoes and beans and bring to a simmer; bubble for 5 mins.
2 Bake the garlic baguette to pack instructions. Add the broken lasagne pieces and spinach to the soup and cook for 8–10 mins, stirring regularly so the pasta doesn't stick together, until the pasta is tender. Divide the soup between bowls and drizzle over 1 tbsp olive oil. Serve with a twist of black pepper, alongside the garlic bread.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2143kJ 510kcal	15g	3g	11g	1.7g
26%	22%	16%	13%	28%

of the reference intake. See page 6.
Carbohydrate 70g Protein 18g Fibre 10g
2 of your 5-a-day; source of fibre



1





MEATBALL, BEETROOT & LENTIL BAKE

Serves 4 GF
Takes 35 mins

- 12-pack Meat & Veg beef meatballs
- 1 head of broccoli, cut into florets
- 1½ red onions, cut into thin wedges
- 2 tbsp olive oil
- 2 x 390g tins green lentils, drained
- 2 x 250g pack cooked beetroot, cut into wedges
- 120g radishes, trimmed and halved
- 200g natural yogurt
- 15g fresh coriander, finely chopped
- 1 small garlic clove, crushed

1 Preheat the oven to gas 7, 220°C, fan 200°C. Tip the meatballs, broccoli and onions into a roasting tin and drizzle over the oil. Toss everything together; season well. Roast in the oven for 15–20 mins until the veg is tender.

2 Stir in the lentils, beetroot and radishes and mix well. Roast for another 10–15 mins until the lentils are piping hot and the meatballs cooked through.

3 Mix the yogurt with the coriander and garlic; spoon over the traybake. Swirl into the lentils to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1921kJ 459kcal	19g	6g	18g	1.3g
23%	27%	32%	21%	21%

of the reference intake. See page 6.
Carbohydrate 40g Protein 29g Fibre 16g

This was a surprise hit with our 8-year-old. He even loved the beetroot and radishes, which he usually says he dislikes!

MACKEREL KATSU RICE BOWLS

Serves 4 Takes 20 mins

- 300g long-grain rice, washed and drained
- 150g frozen peas
- 15g fresh coriander, ½ leaves picked, ½ roughly chopped
- 1 lime, zested and cut into wedges
- 120g radishes, trimmed and finely sliced
- ½ cucumber, halved lengthways, deseeded and sliced
- 50g spring onions, trimmed and finely sliced
- 2 x 125g tins mackerel in katsu curry sauce

1 Cook the rice to pack instructions. Add the peas to the pan for the last 1 min of cooking, stirring briefly. Drain, tip back into the pan, then leave to rest for 2 mins with the lid on.

2 Fluff up the rice and peas with a fork. Stir in the chopped coriander and lime zest, and squeeze in the juice from half the lime wedges. Divide between 4 deep bowls and top with little piles of radish, cucumber, spring onion, the mackerel in katsu sauce and the reserved coriander leaves. Serve with the remaining lime wedges.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1872kJ 444kcal	11g	3g	5g	0.5g
22%	16%	13%	6%	8%

of the reference intake. See page 6.
Carbohydrate 66g Protein 17g Fibre 4g
1 of your 5-a-day; high in vitamin B12

We had no idea what this would be like, but it was delicious. I'd skip the spring onions for my son next time.



5 CHEAT'S BACON & MUSHROOM LASAGNE

Serves 4 * Takes 45 mins

- 1 tbsp olive oil
- 200g frozen classic vegetable soup mix
- 2 garlic cloves, crushed
- 300g closed-cup mushrooms, sliced
- 400g cooking bacon, fat trimmed, cut into 5mm pieces
- 5g fresh thyme, leaves picked
- 250g frozen leaf spinach
- 300g lasagne sheets
- 100g natural yogurt
- 400g tin cream of mushroom soup
- 240g reduced-fat mozzarella, drained and sliced
- 320g frozen peas

1 Heat the oil in a frying pan over a medium heat. Fry the vegetable base mix for 5 mins. Add the garlic, mushrooms and bacon, increase the heat to high and cook for 10 mins until any water evaporates. Add the thyme and spinach; cook for 2-3 mins until the spinach has defrosted. Season with black pepper.

2 Meanwhile, boil the lasagne sheets for 5 mins, stirring frequently, until softened but not cooked through. Drain and rinse with cold water; keep in cold water until you're ready to assemble.

3 Preheat the oven to gas 9, 240°C, fan 220°C. Stir the yogurt into the mushroom soup in a bowl.

4 Put 1/3 of the mushroom and bacon mix in a baking dish (about 20 x 30cm), smoothing over the base, then add a layer of lasagne sheets (using 1/3), cutting them to fit the dish. Add 1/4 of the creamy soup mixture, then repeat with 2 more layers of the mushroom and bacon mix, lasagne sheets and soup mixture, finishing with the remaining soup mixture. Top with the mozzarella, then bake for 25 mins until golden, bubbling and tender when pierced with a knife. Rest for 5 mins before serving. Meanwhile, cook the peas to pack instructions and serve alongside the lasagne.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2891kJ 688kcal	25g	9g	13g	3.3g
34%	36%	44%	14%	55%

of the reference intake. See page 6.
Carbohydrate 70g Protein 40g Fibre 10g

SHOPPING LIST

- 1 lime
- 1 lemon
- 30g pack fresh coriander
- 20g pack fresh thyme
- 1 garlic bulb
- 2 red onions
- 1 cucumber
- 2 x 250g pack Love Beets cooked beetroot
- 240g pack radishes
- 100g pack spring onions
- 250g pack Nightingale Farms cherry tomatoes
- 375g head of broccoli
- 300g pack closed-cup mushrooms
- 500g pot Creamfields natural yogurt
- 240g pack reduced-fat mozzarella
- 200g pack Creamfields salad cheese
- 375g pack reduced-fat ready-rolled puff pastry
- 170g pack Hearty Food Co garlic baguette
- 12-pack Meat & Veg beef meatballs
- 500g pack Woodside Farms cooking bacon
- 500g pack dried lasagne sheets
- 2 x 390g tins green lentils
- 400g tin borlotti beans
- 400g tin Grower's Harvest chopped tomatoes
- 400g tin cream of mushroom soup
- 2 x 125g tins mackerel in katsu curry sauce
- 1kg pack Grower's Harvest long-grain rice
- 600g pack frozen classic vegetable soup mix
- 900g pack frozen leaf spinach
- 900g pack Grower's Harvest frozen garden peas

+ FROM YOUR STORECUPBOARD

Olive oil, vegetable stock pot

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Thrifty cooking

From a Sunday roast that will feed the family over a few days, to slow-cooker classics and new microwave heroes, these clever recipes will make your budget stretch further



Roast
chicken
Kyiv p56

Juicy and garlicky





ROAST CHICKEN KYIV

Serves 4 plus 6 portions
leftover ❄️ freeze
chicken and crumbs
separately

Takes 2 hrs

Cost per serve 79p

1 garlic bulb, ½ whole
cloves peeled, ½ finely
chopped
75g unsalted butter,
softened
1 lemon, zested, ½ juiced
30g pack flat-leaf
parsley, chopped
1.9–2.3kg whole extra-
large chicken
50g fresh breadcrumbs
(1 bread slice, blitzed)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Mix the finely chopped garlic with the butter, lemon zest and juice, and most of the parsley. Season, then spread under the skin and all over the chicken.

2 Lightly bash the whole garlic cloves with the back of a knife, then add to the chicken cavity with the remaining lemon half. Transfer to a deep roasting tin and roast to pack instructions, basting with the juices, until cooked and the juices run clear.

3 Once cooked, spoon 1 tbsp of the roasting juices into a small frying pan. Add the breadcrumbs and toast for 2–3 mins over a low heat until golden. Stir in the remaining parsley and set aside.

4 Cover the chicken with foil and leave to rest for at least 10 mins before carving. Scatter over the crispy crumbs and serve with the juices for drizzling over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1485kJ 357kcal	25g	9g	0g	0.5g
18%	36%	46%	0%	9%

of the reference intake. See page 6.
Carbohydrate 3g Protein 29g Fibre <1g

...NOW TRY THESE LEFTOVER CHICKEN RECIPES

Your favourite sandwich filling works just as well in jacket potatoes (below). Plus, it only takes a few minutes to prep ahead

CORONATION CHICKEN STUFFED POTATOES

Serves 2

Takes 1 hr 10 mins

Cost per serve 84p



Bake the pricked potatoes in an air-fryer at 200°C for 45 mins, or until a knife pierces through easily, turning halfway through cooking.

2 baking potatoes,
scrubbed
1 tsp olive oil
100g leftover roast
chicken, shredded
4 tbsp reduced-fat
mayonnaise
1 tbsp mango chutney
1 tsp mild curry powder
1 tbsp raisins
5g fresh coriander,
roughly chopped
2 tsp flaked almonds,
toasted, to serve
salad leaves, to
serve (optional)

94p
per serve

1 Preheat the oven to gas 5, 190°C, fan 170°C. Pierce the potatoes all over, rub with the oil, then transfer to a baking tray and bake for 1 hr or until crispy on the outside and fluffy on the inside. Set aside to cool slightly before slicing in half, spooning out the middle and transferring to a bowl, leaving a shell about 1cm thick.

2 While the potatoes are cooling, combine the remaining ingredients (apart from the almonds and salad) with the scooped-out potato. Carefully spoon back into the still-warm shells and serve scattered with the almonds, with salad on the side, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1997kJ 475kcal	15g	2g	12g	0.6g
24%	22%	10%	13%	10%

of the reference intake. See page 6.
Carbohydrate 60g Protein 21g Fibre 6g
High in protein; low in saturated fat



**'CLT' PASTA SALAD**

Serves 4 Takes 15 mins

Cost per serve 84p



Any leftover protein works here – try roast pork, sausages or even roasted veg.

300g penne
6 tbsp reduced-fat mayonnaise

2 tbsp reduced-fat crème fraîche
1 tsp wholegrain mustard
½ lemon, juiced
300g leftover roast chicken, shredded
1 Sweet Gem lettuce, shredded
165g baby plum tomatoes, halved
10g basil leaves, torn

- 1 Cook the pasta to pack instructions. Reserve a little cooking water, then drain; let the pasta cool slightly.
- 2 Meanwhile, mix together the mayo, crème fraîche, mustard and lemon juice. Season and set aside.
- 3 In a large bowl, mix the cooked pasta with the dressing, then stir in the remaining ingredients, adding a splash of cooking water to loosen, if needed. Serve at room temperature.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2025kJ 481kcal	14g	3g	5g	0.5g
24%	20%	15%	5%	9%

of the reference intake. See page 6.
Carbohydrate 56g Protein 31g Fibre 3g
High in protein; source of vitamin B3



84p
per serve



GARLIC SOUP WITH HOMEMADE STOCK

Serves 4

Takes 3 hrs 30 mins

Cost per serve 46p



You can also make the stock in a slow-cooker: cook on low for 6-8 hrs.

1 leftover chicken carcass
100g leftover vegetable peelings
1 tbsp olive oil
1 garlic bulb, cloves peeled and separated, 4 thinly sliced
1 onion, roughly chopped
400g tin cannellini beans, drained and rinsed
75ml single cream
15g fresh flat-leaf parsley, roughly chopped

1 Put the chicken carcass in a very large, lidded pot with the vegetable peelings; season well. Cover with 2.5ltrs cold water, bring to the boil, then reduce the heat to low and simmer, covered, for 2-3 hrs until the stock is golden, and the veg and carcass are completely falling apart, occasionally skimming any scum off the top. Strain, then store in the fridge for up to 3 days, or freeze for up to 3 months.

2 Heat the oil in a large, lidded saucepan over a low heat and gently fry the sliced garlic for 1-2 mins until turning golden and crispy; remove and set aside. Add the remaining whole garlic cloves and the onion and cook for 8-10 mins until beginning to soften. Stir in the beans and 1ltr stock; season. Bring to the boil, then reduce the heat to low, cover and simmer for 15 mins.

3 Remove from the heat, stir in the cream and most of the parsley, then blitz with a stick blender until smooth. Ladle into bowls and top with the crispy garlic slices and remaining parsley.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
715kJ 171kcal	8g	3g	5g	1.6g
9%	11%	15%	6%	27%

of the reference intake. See page 6.
Carbohydrate 15g Protein 7g Fibre 6g
High in fibre; source of protein

46p
per serve

USE IT UP

GARLIC SOUP

Any leftover soup makes a tasty pasta sauce - just add crème fraîche to thicken, grated Parmesan and plenty of black pepper.

No part of the chicken is wasted



This should be front page news

Almost 30,000 young people are facing homelessness this winter*.

Young people like Simon are being forced to breaking point.

The odds are stacked against young people like Simon. Leaving the care system, Simon found himself homeless and alone in an adult world. He could barely scrape together enough money to survive and would often go to sleep hungry. With support from Centrepont, Simon has since made strides to independence, but the cost-of-living crisis is making even the smallest steps feel near impossible for him and thousands of other young people. So will you help a young person at breaking point find their way forward? Sponsor a room at Centrepont, and you'll give a young person safety, stability, and life-changing support.

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Or call: 0800 473 01 86

*Based on Centrepont's estimate on the number of young people presenting as homeless to a local authority in England from October - December 2022, using Centrepont's Databank data from 2017-2022

Simon's story is based on the real experiences of young people at Centrepont. We change names and use models to protect identities.



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Your donation will go towards funding Centrepont's vital work all year round with young people, providing accommodation and support. © Centrepont 2022. Centrepont Soho, operating as Centrepont, is a charity registered with the Charity Commission of England and Wales under number 292411 whose registered office is at Central House, 25 Camperdown Street, London, E1 8DZ and a company limited by guarantee registered in England and Wales under number 01929421.



**give homeless
young people
a future**

ARC01

BASIL & GARLIC TOMATO SAUCE

Makes 500ml

Takes 10 mins

Cost per serve 22p

2 garlic cloves, crushed
500g passata

1 tbsp olive oil
½ tsp caster sugar
½ tsp crushed chillies (optional)
15g basil, leaves picked and finely sliced, plus extra to serve

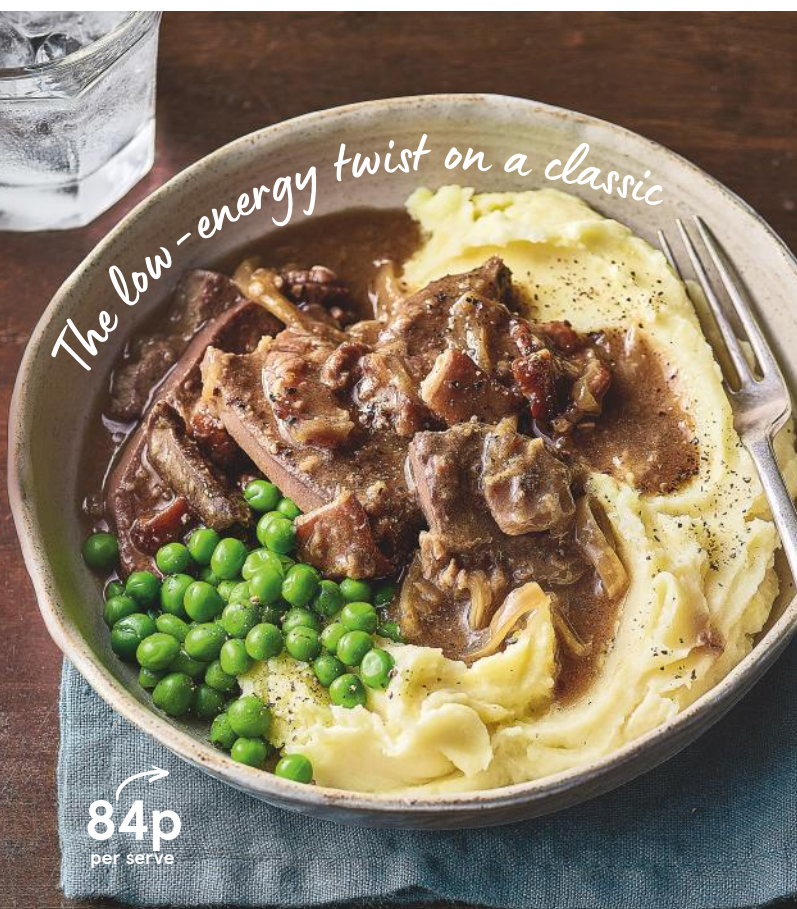
Stir all the ingredients together in a microwaveable bowl; season. Cover with a microwave-safe lid or plate, then microwave on high (750W) for 6 mins, stirring halfway. Leave uncovered to rest for 2 mins. Check for seasoning and serve, or leave to cool before chilling for up to 3 days or freezing for up to 3 months.

Each serving (125ml) contains

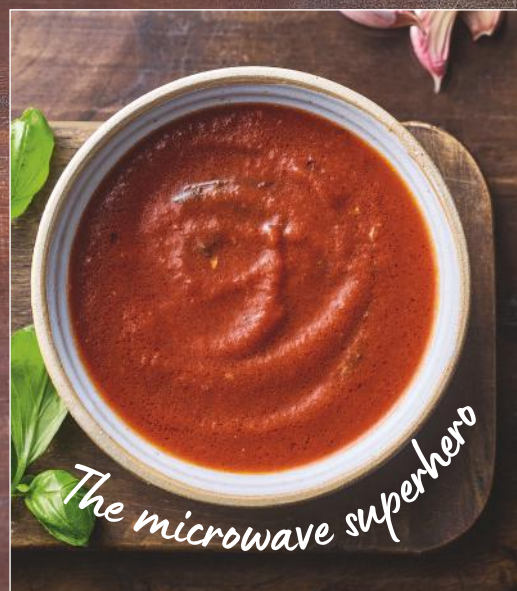
Energy	Fat	Saturates	Sugars	Salt
270kJ 65kcal	4g	1g	4g	0.3g
3%	6%	3%	5%	4%

of the reference intake. See page 6.
Carbohydrate 5g Protein 2g Fibre 2g
1 of your 5-a-day; source of fibre

The low-energy twist on a classic



84p
per serve



The microwave superhero

WAYS TO SERVE IT

Use as a base for pizzas, stir into cooked pasta or use as a dip for garlic bread or pizza crusts. Alternatively, stir into roasted vegetables; or pour over chicken, top with grated cheese and bake until cooked.

SLOW-COOKER LAMB'S LIVER, BACON & ONIONS

Serves 4

Takes 8 hrs 20 mins

Cost per serve 84p

2 tbsp unsalted butter
4 rashers smoked back bacon, cut into strips
450g pack sliced lamb's liver
3 tbsp plain flour
1 onion, thinly sliced
1 beef stock cube, made up to 500ml
1 tsp Worcestershire sauce
1 bay leaf
mashed potato and peas, to serve (optional)

1 Heat a nonstick frying pan with half the butter over a medium heat and fry the bacon for 3-4 mins until crispy. Remove with a slotted spoon and set aside on kitchen paper.
2 Pat dry the livers, then toss with 2 tbsp flour and plenty of seasoning. Shake off any excess, then cook in the bacon fat over a medium heat for 1-2 mins each side until browned. Set aside.
3 Add the remaining butter to the pan with the onion and cook for 8-10 mins over a medium-low heat until lightly golden. Stir in the bacon and liver.
4 Mix the remaining flour with 2 tbsp stock. Transfer the liver mix to a slow-cooker. Set to low, then pour in the remaining stock, the Worcestershire sauce, bay leaf and the flour paste. Stir well, then cook for 6-8 hrs until the liver is tender and the sauce silky. Serve with mash and peas, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1387kJ 332kcal	18g	8g	3g	2.2g
17%	26%	39%	3%	36%

of the reference intake. See page 6.
Carbohydrate 12g Protein 30g Fibre 1g





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WHITE BEAN & GARLIC DIP

Serves 2

Takes 5 mins

Cost per serve 69p

- 100g natural yogurt
- 400g tin cannellini beans, drained and rinsed
- 1 tbsp olive oil, plus a drizzle to serve
- 1 large garlic clove
- ½ lemon, zested, plus 1 tbsp juice
- 10g chopped herbs (coriander, parsley, dill or basil all work well)

Put all the ingredients except a little of the lemon zest and the herbs in a food processor with some seasoning and blitz until smooth. Spoon into a bowl and top with the herbs, a drizzle more oil, black pepper and the remaining lemon zest.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1181kJ 283kcal	15g	3g	4g	0.4g
14%	22%	17%	5%	7%

of the reference intake. See page 6.
Carbohydrate 20g Protein 12g Fibre 9g
1 of your 5-a-day; source of protein

WAYS TO SERVE IT

Serve as a dip with pitta chips and crudités, spoon into a sandwich with tuna and spring onions, or pile into jacket potatoes with a crumbling of feta and a handful of coriander. Store in the fridge for up to 4 days.

The versatile no-cook dip

The speedy snack

MICROWAVE CHEESE & PEPPER POPCORN

Serves 4

Takes 10 mins

Cost per serve 47p

- 100g popcorn kernels
- 1 tsp ground black pepper
- 1 tbsp salted butter
- 50g pecorino or Parmesan, finely grated

- Put the popcorn kernels in a large, microwave-safe bowl. Top with a microwaveable lid or plate and microwave (750W) on high for 4-5 mins until the popping has reduced to one pop every 4-5 secs. Carefully partly uncover the bowl to release the steam.
- Meanwhile, put the pepper and the butter in a small, microwave-safe bowl and microwave for 5-10 secs until melted. Pour over the popcorn and scatter over the cheese. Re-cover and shake to coat well before serving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
706kJ 168kcal	9g	5g	0g	0.8g
8%	13%	24%	0%	13%

of the reference intake. See page 6.
Carbohydrate 14g Protein 6g Fibre 3g





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TOPPINGS
& SAUCES

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BISCUIT BASE

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CHEESECAKE



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Improve your money mindset

Rethinking your relationship with money can have a positive impact on your mental health



Writing down your "money story" - the role money has played in your life - can lead to conclusions you might not have considered before



CLARE SEAL
Financial coach
and author

They say money can't buy you happiness. But the link between finances and mental health is clear: around half of those in debt live with mental ill-health*. Indeed, anyone who doesn't feel in control of their finances can experience stress, anxiety, sleep issues and relationship problems**. As the cost of living crisis deepens and all of us reconsider our income and outgoings, how can we improve our relationship with money and, in turn, our mental wellbeing? Tesco Bank spoke to money expert Clare Seal, who shows it is possible to make a positive difference, even when times are tough.

FIRST, UNDERSTAND YOUR MONEY HISTORY

'I see lots of people get stuck in a pattern of harmful behaviour, not able to understand why they can't break a cycle of debt, overspending or financial anxiety,' says Clare. 'I experienced it myself for many years and it can be incredibly frustrating.'

'The first step is to understand why you feel the way you do and how your habits formed. Our money memories often stem from childhood, with our parents' attitude towards spending and saving playing a huge role in how we grow to manage our own money. We might have deep-rooted beliefs that limit our ability to have a healthy relationship with money. Writing down your "money story" – the role money has played in your life – can be hugely helpful and lead to conclusions you might not have considered before.'

THE SECOND STEP IS ONE WORD: KNOWLEDGE

Do you feel confused by money terms and jargon and so lose interest in your finances? Maybe you feel embarrassed if you don't

CLARE'S TO-TRY LIST

Introduce a small positive habit, such as checking your bank balance each day or, if you can afford it, set up a standing order to save a regular amount each month.

Look to break a negative habit. For example, if you have a tendency to impulse-buy using your contactless payment card, consider setting a spend limit on the card.

If you know you're inclined to overspend when you're bored, stressed or even excited, find other ways to channel those feelings, like talking to a friend, going for a walk or relaxing in a bath rather than shopping.

Set two or three financial goals that are linked to the life you want, then set reminders to review them and monitor your progress every month. They needn't be big goals – investing in a hobby or socialising with friends more still count.

understand a money term or product. 'It's hard to feel confident managing your finances if you don't understand how the world of money works,' says Clare. 'Schools don't teach things like interest rates, pensions, investing and mortgages, leaving us to work it out as we go.'

Write a list of things you'd like to learn about, then find a trusted source to research them. A good place to start is [tescobank.com](https://www.tescobank.com), which has lots of useful guides.

AVOID MAKING ANY DRASTIC CHANGES

While looking at your relationship with money, don't make sweeping changes. 'This can have a similar effect to yo-yo dieting,' explains Clare. 'You get stuck in a cycle of depriving yourself, then over-indulging

– with the net result being that no meaningful change happens. Instead, focus on small habit changes as recommended by best-selling author James Clear, who has written extensively about making and breaking habits. His principles for eliminating undesirable habits and introducing positive ones apply beautifully to money management: make bad habits invisible, unattractive, difficult and unsatisfying, and good habits obvious, attractive, easy and satisfying.'

TAKE TIME TO LOOK AT YOUR SPENDING TRIGGERS

While sweeping change isn't ideal, if you don't feel in control of your spending, think about what triggers you to spend. 'The aim is to spend mindfully, with intention and attention to why and how you're parting with your cash at least 80% of the time,' advises Clare.

Print off a couple of bank statements and go through them with a highlighter to really look at what you're spending on. Then look at purchases you regret, that weren't worth buying, or that you simply don't remember, and try to understand what triggered them.

THINK ABOUT YOUR FUTURE

'It's hard to feel a full sense of financial wellbeing without considering your future security – especially now we've seen how quickly economic circumstances can change and how acutely this can affect us,' Clare concludes. 'You might want to save for a house deposit, start a family, go travelling or get ready for retirement – everyone's goals are different – but whatever your mission, it can help to break the bigger goal down into smaller steps, creating a plan to follow so you feel like you're making progress.'

GIVE ME MORE!

Scan this QR code for more helps from Tesco Bank.



How to cook with...

pulses

Know your butter beans from your cannellini? Learn how to make the most of these storecupboard superheroes

Small but mighty, few ingredients are as protein-packed and affordable as pulses. With our top tips, you'll be thinking beyond chickpeas and baked beans in no time.

WHAT ARE PULSES?

All pulses are legumes, but not all legumes are pulses! Legumes are a family of plants that includes soya beans, peanuts, and fresh peas and beans. When the seeds are dried they become pulses, such as chickpeas, lentils, dried beans and split peas. Tinned beans and lentils have been dried and cooked so they're ready to add to recipes; dried pulses in packets need cooking.

HOW & WHEN TO SOAK

Not needed Tinned beans are ready to be eaten. Due to their small size and thin skins, dried lentils don't need to be soaked – the same is true for some smaller dried beans such as pinto and black beans, but it can reduce cooking time.

Needed Soaking softens dried legumes, speeds up cooking and also makes them more digestible. To soak, cover generously with cold water and leave for at least eight hours, or overnight. Or, for a speedier option, cover with boiling water and wait for 1-4 hours. Drain and rinse before cooking in fresh water.



80g

or three heaped
tbsp of pulses is
1 of your 5-a-day,
but they only
count once*

MYTH BUSTER

FALSE COOKING IN SALTED WATER MAKES PULSES TOUGH

In fact, it can help to soften the skins. Salting the soaking and cooking waters helps pulses keep their shape, speeds up cooking, stops them breaking up as much and gives them more flavour.

FALSE YOU NEED TO SKIM OFF THE SCUM

The froth that appears in the pan is the starch and proteins coming out. The main reason for skimming is aesthetics if you're using the cooking water afterwards.

TRUE BICARBONATE OF SODA MAKES PULSES COOK MORE QUICKLY

Adding $\frac{3}{4}$ tsp bicarb per litre of soaking or cooking water softens the skins – but can make them more likely to split.

TINNED VS DRIED

No cooking required
Ready to use, no soaking
More energy-efficient as
take less time to cook
Safer for kidney beans,
which are poisonous if
not cooked properly



Cheaper per 100g
Dried pulses retain
their shape better
when cooked
Can infuse with other
flavours during cooking
Easier to buy in bulk

LEGUME LOWDOWN

An at-a-glance guide to some of the most popular pulse varieties

CHICKPEAS & BLACK-EYED BEANS

Have a dense and firm but smooth texture, and an earthy, nutty taste. Chickpeas are classically the key ingredient in falafel or houmous, but black-eyed beans work just as well as a substitute. Find a recipe for Aubergine, black-eyed bean & spinach curry on p79.

CANNELLINI, HARICOT & BUTTER BEANS

These white beans have a mild, buttery flavour and a semi-firm texture, which becomes very creamy when blitzed. Clear a space on the tray when roasting vegetables, add to the oven for the last 10 minutes of cooking, then blitz with roasted garlic and the vegetable juices for a flavour-packed alternative to mash.

KIDNEY, BORLOTTI, PINTO & BLACK BEANS

A gently earthy, creamy taste and slightly floury texture make these beans particularly versatile – they also pair well with rich flavours. They hold their shape well: mash into bean burgers, or add to chillies.

GREEN & PUY LENTILS Can be used similarly: both are nutty and earthy, with a good bite. Puy lentils have a protected designation of origin – lentilles vertes are the same variety, they just aren't grown in the Puy region of France. Add to comforting winter stews, or use to bulk out traybakes.



1 Dried chickpeas 2 Cannellini beans 3 Black beans
4 Black-eyed beans 5 Kidney beans 6 Butter beans
7 Haricot beans 8 Puy lentils 9 Borlotti beans

WHICH PULSES TO USE TO...

ADD BITE TO SALAD

Pick Puy lentils, black beans or chickpeas – the latter can even be patted dry and roasted for a crunchy topping. Avoid hulled pulses (like red lentils): these have had the skins removed, so they soften more.

BULK OUT SAUCES

Supplement mince by adding green or Puy lentils: they soften to blend in but hold their shape enough not to go mushy. Thicken a sauce with red lentils or partly mashed cannellini beans.

THICKEN SOUPS & DHAL

Red lentils, split peas, chana (split chickpeas) and mung dal soften in liquid to give a thick, creamy purée. Split varieties cook more quickly than their whole counterparts due to their smaller size.



Too good to waste

Thrifty tips to reduce waste, save money and be a little more sustainable

USE IT UP

Speedy ideas for using up leftover ingredients from the recipes in this issue

BEETROOT

Revive wrinkly beets in iced water for 30 mins. Grate raw and add to herby fritters, or roast with other veg to add to pasta or to blitz into a dip with chickpeas or white beans. Open-freeze cooked beetroot then put in an airtight container.

TINNED CHICKPEAS

Refrigerate leftover chickpeas in an airtight container for 3-4 days, or freeze. Stir into stews or



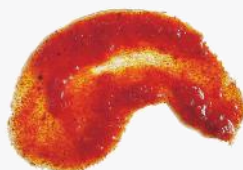
curries, or toss with oil and spices, then roast. Add to wraps or salads.

SINGLE CREAM

Add leftover cream to quiches and macaroni cheese, or use to make an indulgent mash with a dollop of mustard and chopped herbs. Its low fat content means single cream will split if frozen directly, but it can be frozen if cooked into a recipe first.

HARISSA PASTE

Add a spoonful to tomato pasta sauce, use as a marinade for meats, or swirl into houmous. Spoon leftover paste into ice cube trays to freeze solid, then transfer to a freezer bag.



BACON Add leftover bacon from the Cheat's bacon & mushroom lasagne (p53) to carbonara or loaded potato skins, or fry and scatter over soups. Freeze raw (separate the rashers) and defrost completely before cooking.

READY-MADE POLENTA

Use in place of bread for bruschetta, or use instead of potatoes in a hash. Or make it sweet and try polenta French toast: dip slices in beaten egg, milk and cinnamon, then fry until golden and serve with berries and syrup.

SOFT CHEESES

Leftover feta from Spinach & feta turnovers (p51) or blue cheese from the Blue cheese butter steak (p26) can both be frozen. Add to cheese sauces, stir through mash, or use to top pasta bakes.



CHOOSE A CONTAINER



The pourer: Store And Pour 2-pack, £4

Keep cereal and muesli fresher for longer, or use to store rice, flour and pasta.

The minis: Klipfresh 190ml 4-pack, £4.50

Having smaller tubs can help store food more efficiently; use for sauces, berries or biscuits.



The full set: Rainbow Food Storage Set 7-piece, £6

Whether you're storing 3ltrs of soup or a bite-sized portion of snacks for long journeys, this set has it all.

FRIDGE-RAID FEASTS

Transform your leftovers into a versatile midweek stir-fry. Here's how...

1 The bulk

Almost any veg can be stir-fried – just make sure everything's sliced to a similar thickness, so they cook at the same time. Try adding celery, shredded cabbage, leeks or parsnips to the usual suspects. If you're adding protein, leftover roast meats are great – or even sausages if that's what you have in.

2 The carbs

If you have a few odds and ends of packets, don't be afraid to mix and match your noodles – just be aware of the different cooking times. No noodles? Use spaghetti! Leftover rice also works brilliantly; stir-fry until piping hot throughout.

3 The sauce

Your storecupboard is your friend here – the key thing to consider is balance. Soy sauce or miso paste add umami; peanut butter or tahini bring extra depth; sweet chilli, sugar or honey add sweetness; while lime juice or vinegar keep things fresh.

4 The toppings

Add toasted nuts, seeds or sliced spring onions for crunch, and make yours as hot as you like with sliced fresh chilli, dried chilli flakes or a drizzle of chilli sauce. Coriander is a classic, but mint and basil are great too.

How to...

REHEAT PANCAKES

Leftover pancakes from Shrove Tuesday? Here's how to reheat them – no hob or oven necessary.

1 In the toaster

This is the best way to reheat Scotch or American-style pancakes, so long as they haven't been covered in syrup already. Toast for 1-2 mins until slightly crisp on the outside and hot and fluffy in the centre. You can also use the toaster to defrost frozen pancakes – toast for an extra 1-2 mins.

2 In the microwave

For crêpes, layer up to 4 on a plate, separated by and covered with a damp piece of kitchen paper to stop them drying out or sticking. For fluffier American-style or Scotch pancakes, arrange in a single layer on a plate (don't stack) – cover with a damp piece of kitchen paper if they're a bit stale. Microwave in 10-sec bursts until warmed through.

3 In the air-fryer

Spread out fluffier pancakes, and separate crêpes with baking paper (you may need to fold them to fit), then simply heat at 180°C for 2-3 mins until heated through. Cover with foil if you want to stop them going crispy.

GIVE ME MORE!

Scan this QR code to find even more tips for using up leftovers, as well as more recipe ideas.



Keep on track

Don't let aches and pains stop you doing what you love



FOR THE JOY OF MOVEMENT

Relieve neck and

backache with **Voltarol Back & Muscle Pain Relief 1.16% Gel 50g**, regular price **£7.50**

(£15/100g) **Clubcard Price £6.75** (£13.50/100g).

This pocket-sized gel helps alleviate pain and reduce inflammation. Rub directly onto the affected area for targeted relief.



JOINT EFFORT

Voltarol Joint & Back Pain Relief 2.32% Gel

50g, regular price **£10** (£20/100g) **Clubcard**

Price £9 (£18/100g), works deep into the tissue to help fight pain and inflammation throughout the day*. Knees, shoulders, neck – you name it – this handy gel has got your pain relief covered.



HEADACHE HELP

A headache can be painful and disturb your concentration.

Anadin Extra 16-pack, regular price **£2.20** (14p/tablet) **Clubcard**

Price £1.50 (9p/tablet), contain a triple-action formula of aspirin, caffeine and paracetamol, which starts to get to work in five minutes**.



WINTER WOES

Achy with flu? **Panadol**

Extra Advance Tablets

14-pack, regular price **£2.90** (21p/tablet),

Clubcard Price £1.90 (14p/tablet),

is 37% more effective than standard paracetamol tablets and works on aches and pains. Better still these ones provide effective relief from headaches.

Clubcard Prices available in all stores from 25 January to 7 March 2023, while stocks last. Clubcard/app required.

TOP TIPS TO PREVENT PAIN

Sitting at a desk all day can result in backache, so ensure your set-up is correct – a chair with good back support and a monitor at the right eye-level will help.

Reducing stress, drinking enough water, exercising daily and getting quality sleep will all help avoid a headache. Keep a headache diary to help understand your triggers.

IF YOU MAKE ONE CHANGE...

...Know your portion sizes

Enjoying a balanced diet means ensuring you get enough of the different food groups. Getting portion sizes right can also help to make weight and blood glucose levels easier to manage. Follow our tips on how to strike a balance and get to grips with what a recommended portion size looks like*.



Over a day you should aim to eat...

FRUIT AND VEG

minimum 5 portions

CARBOHYDRATES

7-8 portions

BEANS, PULSES, FISH,

EGGS AND MEAT

2-3 portions

DAIRY AND DAIRY-ALTERNATIVES

3 portions

UNSATURATED OILS AND SPREADS

1-2 portions

Find the recommended serving size

on the pack of cereal or pasta and weigh that amount on kitchen scales to see what it looks like. This may be less than what you're used to!

If you think your portions are too big, try serving on smaller plates – seeing a full plate could help you eat a smaller portion without feeling hungry. Want seconds? Wait 20 minutes – this is the time it takes for the stomach to tell the brain it's full**.

USE YOUR HANDS! ONE PORTION IS...

Fruit	1 palm
Vegetables	2 palms
Meat and beans	1 palm
Cheese	2 fingers
Butter	1 finger tip
Fish or chicken	Flat of 1 hand
Carbohydrates	1 large palm



Jamie's WEEKEND WINNERS

Looking for delicious and nutritious recipes that are great value too? Jamie has you covered

Enjoy simple pleasures and look forward to staying in with my flavour-packed dishes. They're easy, budget-friendly and bound to bring joy: quick pan pizzas, a special pasta and moreish pancakes!

QUICK FOLDED PAN PIZZA

Serves 4 (makes 2 pizzas) **V**

Takes 25 mins

Cost per serve 79p

- 1 courgette
- 6 olives
- 4 tbsp passata
- 1 tbsp vegetarian red or green pesto
- 400g self-raising flour, plus extra for dusting
- 120g grated mozzarella & cheese mix
- 1 round lettuce
- olive oil and balsamic vinegar

1 Speed-peel half the courgette into ribbons lengthways, set aside for the salad, then very finely slice the other half. Destone (if necessary) and tear up the olives. In a bowl, mix the passata with the pesto.

2 Put the flour in a bowl with a pinch of sea salt and gradually pour in up to 200ml of water, stirring as you go so it comes together into a ball of dough. Knead for just 1 min on a clean, flour-dusted surface, then divide the dough in two. Using a rolling pin, roll out into circles that

are a little smaller than the base of a 30cm frying pan.

3 Put a 30cm frying pan over a medium-high heat. Spread the tomato sauce over the pizza bases, leaving a 2cm border. Scatter the sliced courgette, olives and cheese over half of each pizza. Fold over the half of the base without the toppings; roughly crimp the edges together with your hands to seal. Carefully transfer the folded pizzas into the hot pan, side by side; cook for 3-4 mins each side until golden.

4 Meanwhile, click the outer leaves from your lettuce, wash and pat dry. Cut the lettuce heart into quarters, then divide the lettuce and remaining courgette ribbons between plates. Dress with 1 tbsp olive oil and a little balsamic. Transfer the folded pizzas to a board and serve with the salad alongside.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2070kJ 489kcal	13g	5.2g	4.9g	1.8g
24%	19%	26%	5%	30%

of the reference intake. See page 6. Carbohydrate 80.4g Protein 17.9g Fibre 4.8g Source of protein, which supports the maintenance of normal bones



Scan this QR code to find Jamie's recipe for Mini apple pancakes.



*One-pan
wonder*

'A freshly baked pizza is hard to beat in the colder months, but getting it right can be a labour of love. I've swapped the oven for the frying pan so you can get a delicious family dinner on the table, fast! This is all done on the hob and full of the good stuff – it's one satisfying family favourite'





TAKE PRIDE IN PRINTING SUSTAINABLY

HP HAS GIVEN MILLIONS OF BOTTLES A NEW BEGINNING

HP has sourced more than **85 million** plastic bottles, the equivalent of more than 1,000 tonnes, of ocean-bound plastic for manufacturing new HP products.

See hp.com/environmentalhistory for more information

ACRES OF FOREST TO BE RESTORED OR MANAGED

HP has developed an alliance with the World Wildlife Fund to restore, protect, and conserve **200,000** acres of forests through the HP Sustainable Forests Collaborative.

2. see hp.com/sustainableimpactreport for more information

SUSTAINABLE PRINTING START WITH PLANTING

In 2020, HP joined the World Economic Forum 1 Trillion Trees initiative – a global movement to conserve, restore, and grow **1 trillion** trees by 2030.

See hp.com/forestfirst for more information



Scan QR code for HP original Ink cartridge today

'I've given midweek pasta a bit of an upgrade by using garlicky, pre-cooked mussels – they instantly make this dish feel a bit special, but they're budget-friendly and sustainable too! The ideal recipe to enjoy with loved ones this Valentine's Day'

*Perfect
pasta*

Tomato
& mussel
pasta p76




TOMATO & MUSSEL PASTA

Serves 4

Takes 20 mins

Cost per serve £1.41

 To make this veggie, swap out the mussels for a jar of artichoke antipasti, drained of oil.

2 garlic cloves
2 celery sticks or 1 fennel bulb
1 courgette
300g dried pasta (linguine or tagliatelle)
olive oil
227g tin Italian chopped tomatoes
500g pack garlic Scottish mussels
1 lemon
60g bag rocket
extra-virgin olive oil

- 1 Peel and finely chop the garlic along with the celery or fennel. Halve and finely chop the courgette. Cook the pasta to pack instructions.
- 2 Meanwhile, put a large frying pan over a medium heat and add 1 tbsp olive oil along with the garlic, celery and courgette. Fry for 5 mins until softened. Add the tomatoes; season.
- 3 After a couple of mins, add the mussels, pop a lid on and cook for 5 mins. Meanwhile, squeeze half a lemon over the rocket, add ½ tbsp extra-virgin olive oil and season to taste. Cut the remaining lemon half into wedges.
- 4 Remove the mussels from the heat. Drain the cooked pasta and toss it all together. Serve with the rocket salad and lemon wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1587kJ 375kcal	8.4g	2.8g	4.2g	1.3g
19%	12%	14%	5%	22%

of the reference intake. See page 6.
Carbohydrate 62.5g Protein 15.7g Fibre 1.3g
High in vitamin B12, which supports the reduction of tiredness and fatigue

HERO FRUIT

HOW TO EAT: BRAEBURN APPLES

With a good balance of flavour somewhere between tart and sweet, crisp Braeburns are one of the most popular varieties of eating apples. With their firm texture they are perfect for slicing into salads or grating into overnight oats. They also keep their shape really well when cooked – try them in my delicious pancake recipe (see box, p72) or diced into porridge.

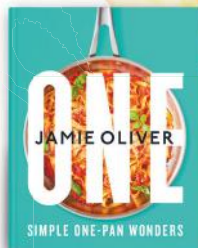
- When shopping for apples, look for firm ones, and avoid any that are bruised, dented or wrinkled. A perfectly ripe Braeburn apple will have more red than green skin.

- Store in a cool, dark place to keep them at their best.

- There's no need to peel eating apples – the skin provides fibre and flavour – simply wash well under cold water before eating.

THE GOOD STUFF

- One medium apple counts as 1 of your 5-a-day.
- Apples are a source of fibre. A diet that is high in fibre is important for maintaining healthy digestion.



WIN

WE WANT TO SEE WHAT YOU'VE BEEN COOKING

For your chance to win a signed copy of Jamie's new book, *ONE*, plus an online class voucher for The Jamie Oliver Cookery School, share your version of one of Jamie's recipes from tesco.co/jamieoliver on Instagram with [#TescoandJamie](https://twitter.com/TescoandJamie) and [#TescoJamieChallenge](https://twitter.com/TescoJamieChallenge). Opens 00:01 on 1 February 2023. Closes 23:55 on 7 March 2023. UK only, 18+. For full terms and conditions, visit tesco.co/tescojamiechallenge.



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In the know...

Fibre facts

Here's how a fibre-rich diet can benefit you,
with tips to help you up your intake



JASMINE CARBON
(@carbon_nutrition)
is a clinical NHS
dietitian and
founder of
Carbon Nutrition
& Dietetics

‘There are two main types of fibre: soluble and insoluble. Soluble fibre dissolves in the fluid in our gut and helps to lower cholesterol (which means better heart health), and control blood glucose levels (which means better management of diabetes). Insoluble fibre cannot be dissolved but will absorb any fluid surrounding it, helping promote a healthy digestive system and regular bowel movements. A diet low in fibre can be associated with type 2 diabetes, poor heart health and conditions such as diverticulitis (this affects the large intestine).’

WHAT IS FIBRE?

Also known as bulk or roughage, fibre is a type of carbohydrate the body can't digest. And it's the secret to a happier gut. There are lots of ways to add fibre into your diet and you'll be rewarded with a variety of health perks. The best part? Many changes are pretty affordable.

We should aim to have sources of fibre with each meal and at least one vegetarian dinner a week

30g

The daily amount of fibre an adult should have. Most of us only get around 19g. For reference, a jacket potato with 200g reduced-salt baked beans is around 14.5g*.



SWAP SHOP

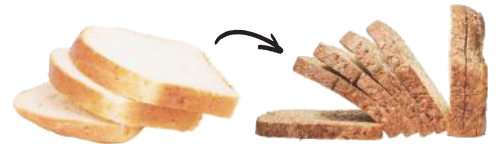
SCRUB...

don't peel carrots, parsnips and potatoes; the skins contain fibre



SWAP...

white carbohydrates (such as bread, pasta and rice) for brown rice or wholemeal, higher-in-fibre varieties



REPLACE...

half the mince in your chilli with black beans or lentils



TUCK INTO...

bran flakes for breakfast rather than granola

GET UP AND GO

Jasmine says, ‘A bowl of porridge made with 50g coarse oats, with 2 tbsp berries and around 10 almonds contains 9g of fibre. That's 30% of your recommended fibre intake for the day done in one meal.’



FIBRE-BOOSTERS

These will each give you a good start on your daily fibre intake.



1 pear =
4.4g fibre



80g portion =
2.3g fibre



80g portion =
3g fibre



1 portion (3 heaped tbsp) =
4.4g fibre



2 slices =
5g fibre

WHAT IS FIBRE FORTIFICATION?

Some foods are labelled as 'fortified with fibre'. This means their nutritional profile has been altered to increase micronutrients. Fibre may be added into staples like bread, cereals and yogurts to help increase your intake.

AUBERGINE, BEAN & SPINACH CURRY


The aubergine, beans and brown rice all contribute towards the fibre in this dish.

Serves 4    

freeze curry and rice separately

Takes 50 mins

Cost per serve £1.39

 Swap fresh spinach for frozen: cover with boiling water; drain. Swap black-eyed beans for chickpeas or cannellini beans.

2½ tbsp rapeseed oil
2 aubergines, cut into 3-4cm pieces
1 large onion, finely chopped
2 tbsp garlic & ginger paste
¼-½ tsp crushed chillies, to taste
1½ tsp each ground cumin and coriander
¼ tsp ground turmeric
1 vegetable stock pot
400g tin chopped tomatoes

240g brown rice
400g tin black-eyed beans, drained and rinsed
100g baby spinach, washed
30g pack fresh coriander, roughly chopped

natural yogurt and mango chutney, to serve (optional)

1 Heat 1 tbsp oil in a large, lidded, nonstick frying pan over a high heat. Fry half the aubergines for 2-3 mins until beginning to brown, then reduce the heat to low, cover and cook for 15 mins, stirring every 5 mins, until tender. Transfer to a plate. Repeat with 1 tbsp oil and the remaining aubergines.
2 Heat ½ tbsp oil in a large, lidded flameproof casserole dish or saucepan over a low heat. Add the onion, cover and cook for 7-8 mins, stirring occasionally, until soft. Stir in the garlic & ginger paste and chillies; cook for 2 mins.
3 Stir in the spices, cook for 1 min, then add the stock pot, chopped tomatoes and a tin's worth of water; season with black pepper. Stir well, bring to the boil, then reduce the heat and simmer for 20-30 mins until thickened. Meanwhile, cook the rice to pack instructions.
4 Add the aubergine, beans, spinach and half the coriander to the sauce. Stir to wilt the spinach; season. Spoon into bowls with the rice and the rest of the coriander. Serve with yogurt and mango chutney, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2041kJ 486kcal	14g	1g	13g	1.4g
24%	19%	7%	15%	23%

of the reference intake. See page 6.
Carbohydrate 69g Protein 16g Fibre 13g
Source of protein, which supports the maintenance of normal bones



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Small change, big difference

Find out how Tesco is making it easier to support its health charity partners

Tesco began partnering with the UK's leading health charities (British Heart Foundation, Cancer Research UK and Diabetes UK) in 2018 in order to help improve the health of millions of people in the UK through education and fundraising.

WE CAN ALL JOIN IN

Since 2018, the partnership has raised more than £22 million to support life-saving research. Thank you to everyone who has donated so far. But we cannot stop there... Fundraising has been even more crucial since the pandemic, which saw a significant reduction in charity donations. So what can you do to help? We know times are tough right now and not many of us have spare cash to give, but even 10p, or a little more here and there, collectively makes all the difference. You can donate simply and conveniently when you shop at Tesco.



We are honoured to work with Tesco and the health charity partners this February to raise vital funds to reduce the impact of heart and circulatory diseases, cancer and diabetes

Dr Charmaine Griffiths, CEO of the British Heart Foundation

GIVING MADE EASY

It has never been simpler or more affordable to donate to the Health Charity Partners:

IN STORE

Simply round up your shopping spend to the nearest £1 at our self-service tills*.

DONATE WITH YOUR CLUBCARD VOUCHERS

Visit tesco.co/donate-to-charity for more details.



Helping you to live healthier



Treat of the week

Fluffy American-style pancakes with caramel sauce, melted chocolate and crumbled shortbread... yes, please!

MILLIONAIRE'S PANCAKES

Makes 16   freeze
undecorated pancakes
Takes 30 mins **Cost per serve** 48p

Mix 250g **self-raising flour**, 1½ tsp **baking powder** and a pinch of salt in a mixing bowl. Whisk 2 large **eggs**, 30g melted **butter** and 275g **milk** in a jug, then slowly whisk into the flour mixture to make a thick, mostly smooth batter. Don't overmix or your pancakes won't puff up.

Heat a large, nonstick frying pan over a low-medium heat and brush with a little **vegetable oil**. Working in

batches, spoon 1 tbsp batter per pancake into the pan. Cook for 2-3 mins or until bubbling and the surface looks tacky. Flip and cook for another 1-2 mins or until golden. Repeat with the remaining batter to make 16 pancakes, brushing with a little oil between each batch.

Melt another 100g chopped **dark chocolate** in the microwave in 30-sec bursts, stirring in between – this will take about 2 mins. Heat 6 tsp **Tesco Finest salted caramel sauce** for 20 secs in the microwave to loosen; crumble 3 **all-butter shortbread fingers**. Divide the pancakes between 4 plates. Drizzle 2 tsp caramel over each serving, drizzle with most of the melted chocolate, then scatter with the crumbled shortbread. Drizzle with more chocolate to serve.

Each serving (4) contains*

Energy	Fat	Saturates	Sugars	Salt
2463kJ 588kcal	25g	13g	19g	1.3g
29%	36%	67%	21%	22%

of the reference intake. See page 6.
Carbohydrate 72g Protein 16g Fibre 5g



166^{*} mugs of full and bold flavour



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Tesco e-Gift Cards

Buy any qualifying Nescafé Original product[†] and **Text NESCAFE1, your full name & postcode to 60110** by 23.59 on 28.02.23

Texts charged at your standard network rate.
Please retain receipt. Internet access required
for receipt upload.

* One mug= 1tsp(1.8g) + 200ml hot water; based on 300g jar.

Only at **TESCO**

† Qualifying products – Nescafé Original 100g & 300g & Nescafé Original Decaf 100g & 300g.

Opens 08/02/2023. Closes 11:59pm 28/02/2023. UK, 18+ only. Purchase necessary. Normal exclusions apply. 50 winners randomly drawn each win a £166 Tesco e-Gift Card. Email address required to receive prize. 1 entry per person (1 text & receipt = 1 entry). Max 1 prize per household.

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